



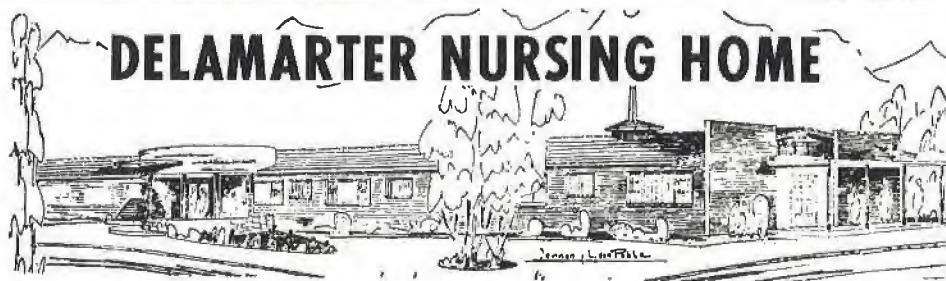
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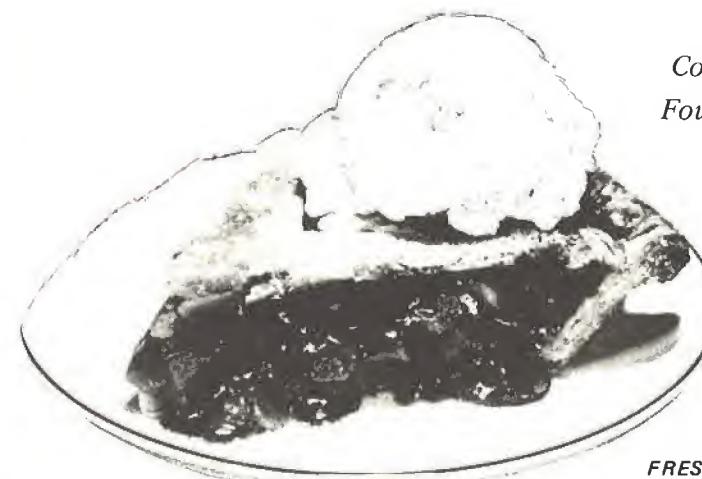


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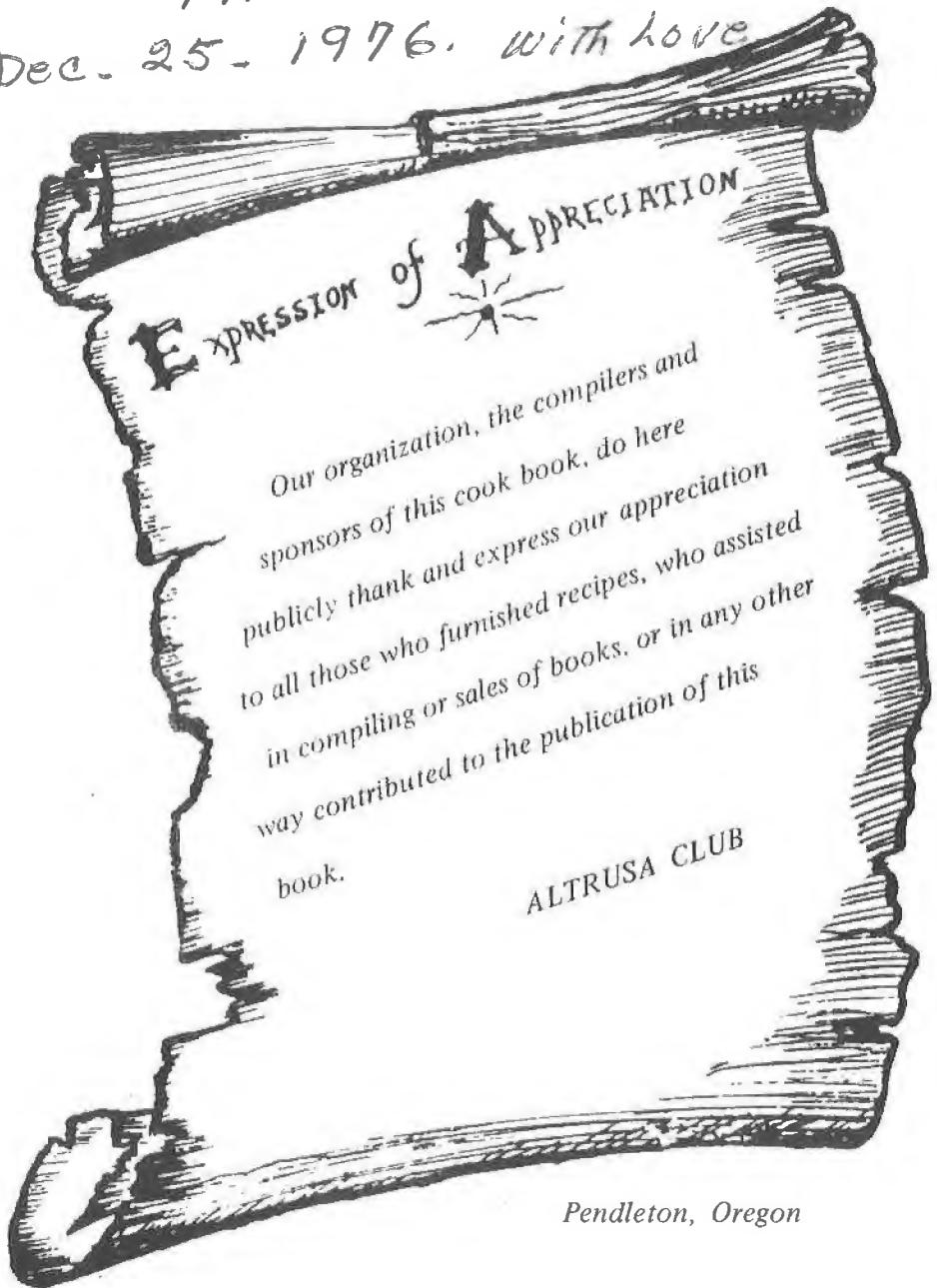
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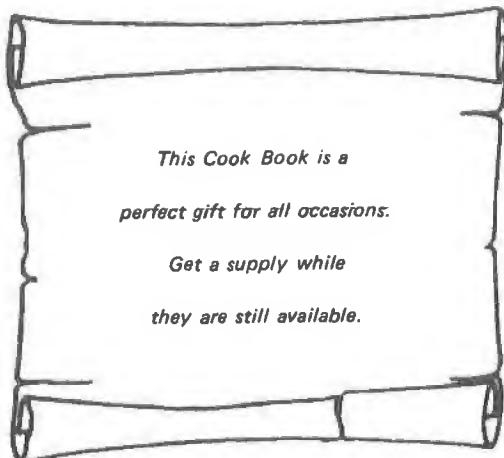


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APPETIZERS PICKLES RELISHES

**A HANDY SPICE GUIDE
TO MAKE YOU BECOME A SEASONED SEASONER**

ALLSPICE....a pea-sized fruit that grows in Mexico, Jamaica, Central and South America. Its delicate flavor resembles a blend of cloves, cinnamon and nutmeg. USES: (Whole) Pickles, meats, boiled fish, gravies. (Ground) Puddings, relishes, fruit preserves, baking.

BASIL....the dried leaves and stems of an herb grown in the United States and North Mediterranean area. Has an aromatic, leafy flavor. USES: For flavoring tomato dishes and tomato paste, turtle soup; also use in cooked peas, squash, snap beans; sprinkle chopped over lamb chops and poultry.

BAY LEAVES....the dried leaves of an evergreen grown in the eastern Mediterranean countries. Has a sweet, herbaceous floral spice note. USES: For pickling, stews, for spicing sauces and soup. Also use with a variety of meats and fish.

CARAWAY....the seed of a plant grown in the Netherlands. Flavor that combines the tastes of Anise and Dill. USES: For the cordial Kummel, baking breads; often added to sauerkraut, noodles, cheese spreads. Also adds zest to French fried potatoes, liver, canned asparagus.

CURRY POWDER....a ground blend of ginger, turmeric, fenugreek seed, as many as 16 to 20 spices. USES: For all Indian curry recipes such as lamb, chicken, and rice, eggs, vegetables, and curry puffs.

DILL....the small, dark seed of the dill plant grown in India, having a clean, aromatic taste. USES: Dill is a predominant seasoning in pickling recipes; also adds pleasing flavor to sauerkraut, potato salad, cooked macaroni, and green apple pie.

MACE....the dried covering around the nutmeg seed. Its flavor is similar to nutmeg, but with a fragrant, delicate difference. USES: (Whole) For pickling, fish, fish sauce, stewed fruit. (Ground) Delicious in baked goods, pastries and doughnuts, adds unusual flavor to chocolate desserts.

MARJORAM....an herb of the mint family, grown in France and Chile. Has a minty-sweet flavor. USES: In beverages, jellies and to flavor soups, stews, fish, sauces. Also excellent to sprinkle on lamb while roasting.

MSG (MONOSODIUM GLUTAMATE)....is a vegetable protein derivative for raising the effectiveness of natural food flavors. USES: Small amounts, adjusted to individual taste, can be added to steaks, roasts, chops, seafoods, stews, soups, chowder, chop suey and cooked vegetables.

OREGANO....the leaf of a safe bush growing in Italy, Greece and Mexico. USES: An excellent flavoring for any tomato dish, especially Pizza, chili con carne, and Italian specialties.

PAPRIKA....a mild, sweet red pepper growing in Spain, Central Europe and the United States. Slightly aromatic and prized for brilliant red color. USES: A colorful garnish for pale foods, and for seasoning Chicken Paprika, Hungarian Goulash, salad dressings.

POPPY....the seed of a flower grown in Holland. Has a rich fragrance and crunchy, nut-like flavor. USES: Excellent as a topping for breads, rolls and cookies. Also delicious in buttered noodles.

ROSEMARY....an herb (like a curved pine needle) grown in France, Spain, and Portugal, and having a sweet, fresh taste. USES: In lamb dishes, in soups, stews and to sprinkle on beef before roasting.

SAGE....the leaf of a shrub grown in Greece, Yugoslavia and Albania. Flavor is camphoraceous and minty. USES: For meat and poultry stuffing, sausages, meat loaf, hamburgers, stews and salads.

THYME....the leaves and stems of a shrub grown in France and Spain. Has a strong, distinctive flavor. USES: For poultry seasoning, in croquettes, fricassees and fish dishes. Also tasty on fresh sliced tomatoes.

TURMERIC....a root of the ginger family, grown in India, Haiti, Jamaica and Peru, having a mild, ginger-pepper flavor. USES: As a flavoring and coloring in prepared mustard and in combination with mustard as a flavoring for meats, dressings, salads.

APPETIZERS, PICKLES, RELISHES

SWEET CHIP PICKLES

Alice Stevens
Helix, Oregon

Pour boiling water over 14 large cucumbers for 4 days. On the fifth day, slice cucumbers crosswise. Make syrup of:

1 Tbsp. pickling spices	2 Tbsp. salt
1 qt. vinegar	6 c. sugar

Bring to boil and pour over slices. Do this the next three mornings. On the fourth day, bring syrup to boil, drop in cucumber chips, bring to boil again. Place in jars and seal.

MARINATED MUSHROOMS

Mrs. Mary K. Gehling

4 (8 oz.) cans mushrooms, drained well	1 c. sugar
1 c. red wine garlic vinegar	1/4 c. Wesson oil Lawry's garlic salt to taste

Mix well and marinate for 12 hours, drain liquid and make new marinade of same, refrigerate and marinate at least 12 hours before serving.

HOT STUFFED MUSHROOMS

Mary Jane Cunningham

16 to 24 mushrooms	1/4 tsp. finely minced garlic
1 1/2 Tbsp. butter, melted	(optional)
2 Tbsp. finely minced onion	3 Tbsp. butter
Paprika	

Remove mushroom stems. Brush caps with melted butter and set aside. Finely chop stems and saute with onion and optional garlic in butter. Combine with one of the stuffings below and adjust seasonings to taste. Fill caps and sprinkle with paprika. Place in well buttered shallow baking dish and bake in a 400° oven 10 to 15 minutes until mushrooms are tender and tops are browned. Garnish first 3 stuffings with small parsley sprig, ham with black olive half.

Walnut Stuffing: Combine sauteed stems with:

1 c. fine bread crumbs	1/4 c. grated Parmesan cheese
3 Tbsp. finely chopped walnuts	2 tsp. Worcestershire sauce
1/4 tsp. pepper	1/2 tsp. salt
Chicken or beef stock to moisten	

Almond Stuffing: Combine sauteed stems with:

HOT STUFFED MUSHROOMS (Continued)

1/4 c. toasted slivered almonds, crushed	1/4 c. fine bread crumbs
1/4 c. grated Monterey Jack or mild Cheddar cheese	1/4 c. herb mayonnaise

Top with 1/4 cup toasted slivered almonds, crushed.

Crab Stuffing: Combine sauteed stems with:

1/2 lb. crabmeat, cooked and flaked	2 eggs, lightly beaten
2 Tbsp. mayonnaise	2 Tbsp. soft bread crumbs
1 tsp. lemon juice	2 Tbsp. finely chopped green onion
1/8 tsp. each salt, cayenne pepper and oregano	

Top with 2 tablespoons soft bread crumbs mixed with 2 tablespoons melted butter.

Ham Stuffing: Combine sauteed stems with:

1 1/2 c. ground cooked ham	1/2 c. sour cream
2 Tbsp. each minced parsley and chives	1/4 tsp. each salt and pepper

Shrimp Stuffing: Combine sauteed stems with:

1 lb. minced cooked shrimp	1 beaten egg
1/4 c. fine bread crumbs	1 Tbsp. each lemon juice
1/2 tsp. salt	minced green onion and
1/4 tsp. white pepper	minced parsley
3 Tbsp. melted butter or more to moisten	

After baking, cover each mushroom with 2 tablespoons Mornay sauce, top each with a whole cooked shrimp and boil to heat. Garnish with parsley.

CHEESE AND CRAB FONDUE

Jeanine Peterson

1/4 c. butter	2 1/2 c. shredded Cheddar cheese
1 c. sauterne	1 (6 1/2 oz.) can crabmeat
2 Tbsp. flour	
1/4 tsp. caraway seed	

Melt butter in heavy 1 quart saucepan. Stir in flour. Remove from heat. Gradually stir in sauterne. Cook over medium heat,

CHEESE AND CRAB FONDUE (Continued)

stirring constantly, until thickened. Stir in cheese, crabmeat and caraway seed. Continue heating until cheese is melted. Serve warm from ceramic pot, fondue pot or chafing dish in water bath. Yields: 2 3/4 cups.

VEGETABLE DIP

Laverne Powell

1 c. IMO or sour cream
1 c. mayonnaise
1 Tbsp. ground parsley
(may use little less)

1 Tbsp. onion flakes
1 1/2 tsp. Spice Islands beau
monde
1 1/2 tsp. dill weed

Mix with a spoon. If using IMO do not use blender as it will break down. Clean and cut up celery, radishes, carrots, cauliflower and green onions. Serve as you would a chip and dip.

MARINATED MUSHROOMS

Mrs. Gordon Kelty

1 clove garlic
3/4 c. vegetable oil
1/4 c. olive oil
1/2 c. lemon juice
1 medium onion

1 tsp. salt
1/4 tsp. pepper
1/2 tsp. dry mustard
3 bay leaves
1 (8 oz.) can button mushrooms (drained)

Rub mixing bowl with cut garlic. Break onion into rings. Add everything and let stand 24 hours. Great for party relish tray.

FROZEN SLICED SWEET DILL PICKLES

Mrs. Daphna Branstetter

1 lb. unwaxed cucumbers,
3 inch sliced 1/8 inch
thick (about 4 c. packed)
3/4 lb. yellow onions, sliced
1/8 inch thick (2 inch)
1 tsp. dried dill weed
(or to taste)

4 tsp. table salt
2 Tbsp. water
3/4 to 1 c. sugar
1/2 c. cider vinegar

Mix the prepared cucumber, onion, salt, water in 2 quart bowl (not aluminum) and let stand about 2 hours. Drain but do not rinse. Return the vegetables to the bowl and add the sugar, vinegar and the dill. Let stand, stirring from time to time until sugar has dissolved completely and liquid covers the vegetables. Pack in freezer containers (leave 1 inch head space) seal tightly. Defrost either in refrigerator or at room temperature.

** EXTRA RECIPES **



**SOUPS
SALADS
VEGETABLES**

TO QUICK-FREEZE VEGETABLES

Vegetables for freezing are prepared as for cooking, then blanched (scalded) and packed dry, or with the brine. The dry pack is less trouble and is satisfactory for all vegetables except green peppers.

Blanching vegetables is important because it minimizes loss of flavor and color. To blanch in boiling water, put about one pound of vegetables in a fine-mesh wire basket with a wire cover to hold food under the water and lower into rapidly boiling water, enough to cover food. Cover the kettle and then COUNT THE TIME RECOMMENDED FOR EACH vegetable. After blanching, chill quickly and thoroughly, plunge the vegetables into ice water, or hold under cold running water. When completely chilled, remove and drain, and PACK AT ONCE.

VEGETABLE	HOW PREPARED	BLANCHING
ASPARAGUS	Wash, cut, sort into groups according to thickness of stalk. Blanch, chill, pack.	3 to 4 minutes in boiling water, depending on size.
BEANS, GREEN AND WAX	Wash, stem, slice, cut or leave whole. Blanch, chill, pack.	Cut: 2 minutes in boiling water. Whole: 2 1/2 minutes in boiling water.
BEANS, LIMA	Shell, wash, blanch, chill. Remove white beans, which may be used for cooking. Pack.	1 to 2 minutes in boiling water, depending on size.
CARROTS	Remove tops, wash, scrape. Slice lengthwise or crosswise as preferred, or leave small carrots whole.	Whole: 4 1/2 minutes in boiling water. Sliced: 3 minutes in boiling water.
CAULIFLOWER	Break heads into flowerets about 1 inch across. Wash, blanch, chill, pack.	3 to 4 minutes in boiling water.
CORN, ON COB	Husk, trim away silk and spots. Wash, blanch, chill, pack.	7 minutes in boiling water for slender ears. 9 for medium, 11 for large.
CORN, KERNELS	Same as corn on cob. After chilling, cut off kernels and pack.	
GREENS	Wash, discard bad leaves, Beet, Chard, Kale, tough stems. Blanch, chill, Mustard, Spinach, pack. Collards, etc.	2 minutes in boiling water.
PEAS	Shell, sort, blanch, chill, pack.	1 to 2 minutes in boiling water, depending on size.
PEPPERS, GREEN	Wash, cut away seeds, slice. Blanch, pack in brine of 1 tsp. salt to 1 c. cold water.	3 minutes in boiling water.

SOUPS, SALADS, VEGETABLES

HAMBURGER SOUP

Margareta Lupper

Start with water saved from cooking vegetables or plain water and heat liquid and add raw hamburger in small bits. Add any available vegetables; cut those that take longer to cook into very small pieces. Simmer awhile, vegetables may be still crunchy. Add bouillon cubes and spices for flavoring. Caraway seeds are good. Also add onions, cut in quarters or dried bits. Salt to taste. Mix 1/2 cup flour and 2 eggs and a little water to make a runny dough. Drip dough into boiling soup for added protein and to thicken it. Serve when dough rises to surface (takes only a few seconds).

SAUSAGE-LENTIL SOUP

Mrs. Leo Gorger

1 lb. sausage	5 tsp. salt
4 medium carrots, cut in chunks	1/2 tsp. marjoram leaves
2 medium onions, chopped	1 can tomatoes (16 oz. size)
1 garlic clove, minced	1 c. shredded Swiss cheese 2 c. lentils

In large Dutch oven, cook sausage and 3 tablespoons water for 5 minutes, covered. Remove cover and brown sausage, breaking it into chunks. Drain on paper towels and set aside. Pour off all but 1/4 cup drippings, add carrots, onion and garlic, cook over medium heat about 5 minutes or until onions and garlic are tender, stirring occasionally. Add lentils, salt, marjoram and 8 cups water, heat to boiling. Reduce heat, cover and simmer 25 to 30 minutes until lentils are tender. Add tomatoes with their liquid and sausage chunks. Cook until heated through. Serve with 2 tablespoons cheese on top of each bowl of soup. Crusty bread and celery sticks will make a meal. Serves 8 to 10.

GAZPACHO (Spanish soup)

Mrs. Gordon George

6 medium tomatoes, peeled	Salt
2 medium cucumbers, peeled	1/2 tsp. basil
1/2 c. green pepper	3 tsp. beef stock base
1/2 c. onion	2 trays ice cubes, crushed or 2 c. ice water
1 clove garlic	1/4 tsp. coriander
1/3 c. olive oil	1/4 to 1/2 tsp. cumin seed
3 Tbsp. lemon juice	
Dash Tabasco sauce, or small red hot pepper or 2 chiles	

Blend together in blender or chop and mince ingredients. Serve with: avocado cubes or slices, crumbled bacon, croutons or green onions.

MACARONI-SHRIMP SALAD

Mickey Barker

1 pkg. (12 oz.) vermicelli, cooked	4-6 hard cooked eggs (boiled) chopped
1 c. chopped green onions	1 can shrimp, cut up
1 c. chopped celery	Salt, pepper and paprika

Dressing:

1 part sour cream	1 part mayonnaise
-------------------	-------------------

Mix gently and chill (overnight is best). Mold size and shape your choice. Served well with toasted English muffins and cantelope chunks.

KINDA SPECIAL COLE SLAW

Katherine Shaw

1 large cabbage (about 3 lb.)	1 c. sugar
1 green pepper, if desired	1 tsp. salt
1 medium sweet onion	1 tsp. dry mustard
1 c. cider vinegar	1 tsp. celery seeds
2/3 c. vegetable oil	

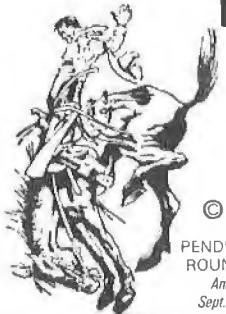
Grate cabbage, pepper and onion quite fine. Put in a large bowl and cover with boiling water. Let set only about 10 seconds or so and drain thoroughly. Mix sugar, salt, mustard and celery seeds in saucepan. Add vinegar and oil. Stir until sugar is dissolved and bring to a boil. Return cabbage to bowl and pour boiling syrup over it. Cool to room temperature. Cover and refrigerate until ready to use. Keeps very well.

CALIFORNIA MOLD

Charlotte Newman

1/2 c. sliced stuffed olives	1 (3 oz.) cream cheese
1 pkg. lemon jello	2/3 c. mayonnaise
3/4 c. boiling water	1 c. chopped celery
1 (8 oz.) can tomato soup	1/4 c. chopped onion
2 Tbsp. lemon juice	1/4 c. chopped green pepper
	Shrimp

Dissolve gelatin in boiling water, add soup. Let cool. Mix mashed cream cheese with mayonnaise and slowly combine with soup mixture. Add chopped ingredients and shrimp if desired. Chill. (Fish shaped mold or your choice).



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FRUIT SALAD DRESSING

June Neal

Juice of 1 can (1 lb. 4 oz.)	Juice of 1 orange
pineapple chunks	1 Tbsp. cornstarch
1/2 c. sugar	1/2 tsp. salt
Juice of 1 lemon	1 well beaten egg

Combine and cook until thick. Cool and add to 1 cup cream, whipped. Use with pineapple chunks and sliced bananas. Use almonds and maraschino cherries to decorate.

MAGIC SALAD

Cindy Budden

1 pt. carton cottage cheese	1 large pkg. (6 oz.) jello,
1 pt. carton Cool Whip	any flavor
Fruit (same flavor as jello)	

Mix cottage cheese, Cool Whip and dry jello together. Stir until well mixed. Add fruit and refrigerate until set. If more fruit is preferred, add drained crushed pineapple to any flavor.

QUICK SALAD

Julie Holt
Eugene, Oregon

1 c. cottage cheese	
1/2 c. yogurt	1/2 carton or pkg. of any
1/2 c. pineapple chunks	flavor jello

Mix cottage cheese, yogurt, pineapple and mix in dry jello. Good right away or will hold well.

TACO SALAD

Mrs. Royal Cambers

1 large head lettuce	8 oz. French dressing
4 tomatoes	3 Tbsp. taco sauce
1 chopped onion	Medium bag tortilla chips
4 oz. grated Cheddar cheese	1 large avocado
1 (15 oz.) drained kidney beans	1 lb. ground beef

Break lettuce into pieces. Brown meat. Add beans and simmer 10 minutes. Cool. Mix in lettuce, tomatoes, onion, cheese and avocado. Add dressing and sauce. Toss well. Just before serving, add chips. Serves 10-12.

TACO SALAD

Mrs. Ellen Nirschel

1 head iceberg lettuce, cut	1 pkg. tortilla chips
1 lb. hamburger	1 can olives, sliced
2 avocados	Red onion, sliced thin
4 tomatoes	1-2 tsp. taco sauce
1 c. Cheddar cheese, grated	

Brown meat and taco sauce, add salt and pepper. Cool and add to lettuce just before serving. Cut avocados and tomatoes in small pieces, crunch chips, use potato peeler on onion. Serve with Zippy Tomato Salad Dressing.

Zippy Tomato Salad Dressing:

1 can condensed tomato soup	1 Tbsp. Worcestershire sauce
1/2 c. olive oil	1 clove garlic
1/2 c. wine vinegar	1/2 tsp. dry mustard
1 tsp. salt	1/2 tsp. paprika
	1/2 c. sugar

LIME JELLO SALAD

Mrs. Vivian Brandon

1 pkg. lime jello	1/2 c. walnuts
1 c. hot water	1 c. whipped cream
1 c. pineapple juice	1 c. mayonnaise
1 c. pineapple	1 c. sliced marshmallows
1 c. shredded cabbage	

Dissolve jello in hot water. Add marshmallows and pineapple juice. Let set until chilled (mush). Whip cream. Whip jello, mayonnaise and cream together. Fold in cabbage, diced pineapple and walnuts and let set.

MOLDED SALAD

Gertrude Simpson

1 can crushed pineapple	1/2 c. diced celery
1 pkg. lemon jello	2/3 c. chopped nuts
1 pkg. cream cheese	1/2 pt. whipping cream
1/8 tsp. salt	1 small can pimiento, if desired

Drain pineapple and add enough water to make two cups. Mix pineapple, celery, nuts, cream cheese, salt. Add to cool jello and chill sufficiently to add whipped cream.

MOTHER'S FRENCH DRESSING

Mrs. James R. Smith
Athena, Oregon

1/2 c. sugar
2/3 c. catsup
1 c. vinegar
1 1/3 c. oil

2 tsp. onion, grated
2 tsp. salt
Garlic

Mix together and chill.

JELLO SALAD

Rose-Mary Duchek

Mix 1 cup boiling water with 1 package orange jello. Add:

1 c. grated cheese
1 small can pineapple

1/2 lb. small marshmallows

Let set, stirring occasionally. When nearly set, add:

1 c. mayonnaise

1 c. cream, whipped

Let set and then top with 1 package strawberry jello mixed according to package instructions. Let set again until ready to serve.

MOLDED SALAD

Mrs. Dorothy Delamarter

1 (3 oz.) pkg. cherry jello
1 (3 oz.) pkg. strawberry
jello

1 (3 oz.) pkg. raspberry jello
3 c. boiling water

Dissolve all jello at once in 3 cups boiling water. Add:

1/2 c. sweet pickle juice
1 (No. 303) can diced red
beets and juice

1 (No. 303) can crushed
pineapple

Pour into 13x9 inch pan or large fancy mold.

COTTAGE CHEESE SALAD

Mrs. Richard Gorger

1 pt. cottage cheese,
large curd
1 medium cucumber, diced
3 green onions, chopped

4-6 Tbsp. mayonnaise
1/2 tsp. lemon juice
Dash Tabasco sauce
Salt and pepper to taste

Mix well, serve well chilled in lettuce lined bowl or in individual dishes.

PINK SALAD

Mrs. Harvey Harrison

1 (8 oz.) pkg. cream cheese
1 small pkg. red jello
1 c. boiling water
1 small can crushed pine-
apple with juice

1 c. chopped pecans or walnuts
1 pkg. or container of whipped
topping (Cool Whip or Dream
Whip)

Mix cream cheese and jello together into a paste, then pour in and blend boiling water. Add the nuts and pineapple. Let set until thick, then fold in prepared whipped topping. Put in refrigerator until set. This salad doesn't unmold well, so have it set in the serving dish.

CABBAGE SCRAMBLE

Carole Sacrison

Cut 6 strips of bacon in bits and fry. Pour off grease. Add:

1/2 head cabbage, coarsely cut

2 sliced green peppers
1 large onion, cut in rings

Cover and simmer on very low heat until vegetables are transparent and crisp.

** EXTRA RECIPES **



SURPRISE SHRIMP SALAD

GRATE $\frac{1}{2}$ CUP CARROTS
DICE FINELY $\frac{1}{2}$ CUP CELERY
SET ASIDE
JUST BEFORE YOU GET

READY TO EAT - ADD 1 CAN DRAINED SHRIMP
AND 1 CUP OF SHOE STRING POTATOES
OR 1 CUP DRY CHINESE NOODLES
MIX CARROTS CELERY SHOE STRINGS
OR CHINESE NOODLES AND SHRIMP
ALTOGETHER - ADD MAYNASE - OR
YOUR FAVORITE SALAD DRESSING
AND SERVE.

By MARY ROACH.

ENCHILADAS



BROWN HAMBURGER
ONION - 1 PKG. DRY CHILI
SAUCE, 1 CAN TOMATO
SAUCE, AND $\frac{1}{2}$ PKG.
DRY SPAGHETTI SAUCE

BRN MEAT AND ONION - ADD CHILI SAUCE,
SPAGHETTI SAUCE AND TOMATO SAUCE
SIMMER 15 MINUTES.

DIP TORTILLAS ONE AT A TIME IN
FISH AND HOT OIL OR SHORTENING. FISH AND
PLACE IN GOOD SIZE BAKE
ROCK. PLACE IN TOGETHER AS YOU FISH
PAN. CLOSE TOGETHER AS YOU FISH
AND ROLL THEM.

GRATE CHEESE AND COVER OVER
PLACE IN OVEN UNTIL CHEESE
IS MELTED. AND SERVE.

P.S. IF DESIRED YOU CAN PUT
SHREDDED LETTUCE AND DICED
TOMATOES OVER TOP BEFORE
SERVING.

BY MARY ROACH

MAIN DISHES



HANDY CHART OF KITCHEN MATH WITH METRIC

KITCHEN MATH WITH METRIC TABLES

Measure	Equivalent	Metric (ML)
1 Tbsp.	3 tsp.	14.8 milliliters
2 Tbsp.	1 oz.	29.6 milliliters
1 jigger	1½ oz.	44.4 milliliters
¼ cup	4 Tbsp.	59.2 milliliters
1/3 cup	5 Tbsp. plus 1 tsp.	78.9 milliliters
½ cup	8 Tbsp.	118.4 milliliters
1 cup	16 Tbsp.	236.8 milliliters
1 pint	2 cups	473.6 milliliters
1 quart	4 cups	947.2 milliliters
1 liter	4 cups plus 3½ Tbsp.	1,000.0 milliliters
1 oz. (dry)	2 Tbsp.	28.35 grams
1 pound	16 oz.	453.59 grams
2.21 pounds	35.3 oz.	1.00 kilogram

THE APPROXIMATE CONVERSON FACTORS FOR UNITS OF VOLUME

To Convert from To Multiply by

teaspoons (tsp.)	milliliters (ml)	5
tablespoons (Tbsp.)	milliliters (ml)	15
fluid ounces (fl. oz.)	milliliters (ml)	30
cups (c)	liters (l)	0.24
pints (pt)	liters (l)	0.47
quarts (qt)	liters (l)	0.95
gallons (gal)	liters (l)	3.8
cubic feet (ft³)	cubic meters (m³)	0.03
cubic yards (yd³)	cubic meters (m³)	0.76
milliliters (ml)	fluid ounces (fl oz)	0.03
liters (l)	pints (pt)	2.1
liters (l)	quarts (qt)	1.06
liters (l)	gallons (gal)	0.26
cubic meters (m³)	cubic feet (ft³)	35
cubic meters (m³)	cubic yards (yd³)	1.3

DEEP-FAT FRYING TEMPERATURES

WITHOUT A THERMOMETER

A 1-inch cube of white bread will turn golden brown:

345° to 355°	65 seconds
355° to 365°	60 seconds
365° to 375°	50 seconds
375° to 385°	40 seconds
385° to 395°	20 seconds

TABLE OF PROPORTIONS

Gelatin (unflavored) - 1 Tbsp. thickens
2 cups liquid

Salt	
Soups & Sauces	1 tsp. to 1 qt. sauce
Dough	1 tsp. to 4 cups flour
Cereals	1 tsp. to 2 cups liquid
Meat	1 tsp. to 1 lb. meat
Vegetables	½ tsp. using 1 qt. water

SIMPLIFIED MEASURES

dash = less than 1/8	2 pt. (4 c.) = 1 qt.
teaspoon	4 qt. (liquid) = 1 gal.
3 tsp. = 1 Tbsp.	8 qt. (solid) = 1 peck
16 Tbsp. = 1 cup	4 pecks = 1 bushel
1 cup = ½ pt.	16 oz. = 1 lb.
2 cups = 1 pt.	

If you want to measure part-cups by the tablespoon, remember:

4 Tbsp. = ¼ cup	10 2/3 Tbsp. = 2/3 cup
5 1/3 Tbsp. = 1/3 cup	12 Tbsp. = ¾ cup
8 Tbsp. = ½ cup	14 Tbsp. = 7/8 cup

CONTENTS OF CANS

Of the different sizes of cans used by commercial canners, the most common are:

Size	Average Contents
8-oz.	1 cup
picnic	1 ¼ cups
No. 300	1 ¼ cups
No. 1 tall	2 cups
No. 303	2 cups
No. 2	2 ½ cups
No. 2½	3 ½ cups
No. 3	4 cups
No. 10	12 to 13 cups

MAIN DISHES

CASSEROLE

Rondi O'Gara

1 (8 oz.) pkg. shell macaroni
 1 envelope Sloppy Joe seasoning mix (Pillsbury)
 1 lb. ground chuck
 1/2 c. grated Cheddar cheese

1 (6 oz.) can tomato paste
 1 (8 oz.) can tomato sauce with cheese
 1 pt. carton creamed cottage cheese

Cook macaroni and drain. Meanwhile brown meat, drain off fat, and add seasoning mix, tomato paste, tomato sauce and 1 1/4 cup water. In 2 1/2 quart casserole layer 1/2 macaroni, 1/2 cottage cheese, and 1/2 meat sauce - repeat. Top with Cheddar cheese. Bake at 350° uncovered 40 minutes or until bubbling.

NOODLE MEDLEY

Mrs. Ellen Nirschl

1 lb. hamburger
 1 medium onion
 1 clove garlic, minced
 2 Tbsp. green pepper, chopped
 2 tsp. chili powder or to taste

1 can (15 oz.) kidney beans, drained
 1 can (28 oz.) 2 1/2 lb. tomatoes
 1 1/2 c. raw egg noodles or to suit

Lightly brown meat, add onion, cook until just tender. Add garlic and green pepper and cook until green pepper is translucent. Add the drained kidney beans, tomatoes, chili powder, salt to taste and the noodles. Cover and simmer about 20 minutes or until noodles are tender.

ALASKA CHILI

Nadine Catterall

5 lb. lean ground beef
 2 1/2 lb. suet
 3 cloves garlic, minced

1/2 c. cumin seed
 1/4 c. chili tepinos
 30 sweet peppers, cleaned and membranes and seeds removed

Grind the peppers in a meat grinder. Fry suet out in large pan and add ground beef, cook until red is gone in the beef, add garlic and cook a few minutes; add rest of spices, sweet red peppers (tepinos should be mashed). I do this by putting between foil and mashing them with a heavy object on a breadboard, they are hot so be careful of your eyes. Cook slowly 1 hour; cool quickly and add about a cupful to each freezer container. When ready to use add 1 can Campbell's tomato soup and 1 can kidney beans

ALASKA CHILI (Continued)

(2 cans if you want to cool the flavor a little). This is a beautiful color and a rich tasting chili. I usually half this recipe.

INDIVIDUAL CHEESE PIZZAS

Della Carner
Hermiston, Oregon

1 lb. fresh pork sausage	Dash garlic salt
1 lb. ground beef	5 English muffins, split and toasted
15 oz. can tomato sauce	1/2 c. grated Parmesan
4 oz. can sliced mushrooms, drained	2 tsp. oregano
10 slices Mozzarella (or 2 c. shredded)	

In large skillet slowly cook sausage 10 minutes. Add ground beef and continue cooking until browned. Drain. Combine tomato sauce, mushrooms, seasoning and the meat in a bowl. Mix thoroughly. Place muffins on a baking sheet (after being lightly toasted) and spread each with about $\frac{1}{3}$ cup of meat mixture. Sprinkle each with 2 teaspoons of Parmesan cheese. Top with a slice of Mozzarella (or 2 tablespoons of shredded). Bake 5 to 8 minutes at 400° or until hot and cheese is melted.

HAMBURGER-RICE HOT DISH

Ruth R. Finch

Brown in large skillet, 1 pound ground beef. Add:

3 c. chopped celery	4 c. water
1/2 c. chopped onion	3 Tbsp. soy sauce
1 c. uncooked rice	2 Tbsp. Worcestershire sauce
1 can mushroom soup	

Bake uncovered for 2 hours at 350° . Stir occasionally while baking. About 1/2 hour before done, put one can of Chinese noodles on top. Serves 6-8.

BEEF STRIPS ORIENTAL

Elaine Hansen
Omaha, Neb.

1 lb. round steak, 3/4 inch thick	1 c. celery slices
Kraft oil	2 c. (1/2 lb.) mushroom halves
1 c. water	1/4 c. cold water
2 Tbsp. soy sauce	2 Tbsp. cornstarch
1 garlic clove, minced	1/2 c. Kraft grated Parmesan cheese
1 c. carrot slices	
Hot cooked rice	

BEEF STRIPS ORIENTAL (Continued)

Cut meat into strips 1/4 inch wide and 3 to 4 inches long. Brown meat in oil, drain. Add water, soy sauce and garlic. Cover, simmer 45 minutes. Add vegetables, cover and continue cooking 15 to 10 minutes. Combine cornstarch and water, stirring until well blended. Gradually add cornstarch mixture to hot meat and vegetables, stirring constantly until mixture boils and thickens. Remove from heat, stir in cheese. Serve over rice. Makes 4 servings.

CHINESE HASH

Ellen Pearce

1-2 lb. ground beef (according to desire)	1 c. sliced celery
2 Tbsp. salad oil	1 can mushroom soup
2 medium sized onions, chopped	1 can cream chicken soup
1/2 c. uncooked regular rice (may use brown rice)	1 1/2 c. warm water
1/4 c. soy sauce	1 (No. 303) can Chinese
1/4 tsp. pepper	vegetables (may omit celery if Chinese vegetables are used, if desired)
	1 can Chinese noodles (dry)

Brown meat until crumbly. Add onion, celery, soups, rinse out soup cans with water. Add rice, soy sauce and pepper. Turn into slightly greased casserole. Cover. Bake 1 hour or until rice is nearly done. Remove cover and bake for 30 minutes with noodles on top. Bake in 350° oven.

BEEF BOURGUIGNONNE (Needs large cooking pot)

Leola Gorger Bowerman
Aloha, Oregon

This recipe is designed to be made ahead and frozen. Dice 12 slices bacon and saute in large Dutch oven. Cut 8 pounds lean sirloin or round steak into strips, remove bacon and brown beef in bacon drippings. Add:

4 cloves garlic, crushed	4 Tbsp. chopped parsley
4 lb. mushrooms, sliced	2 tsp. salt
4 bay leaves, crushed	1/2 tsp. pepper
	2 tsp. thyme

Make a roux with 1 cup margarine and 1 cup flour, cook in separate pan, stirring constantly until flour is light tan. Add 5 cans consomme (10 1/2 oz.) or use half consomme and half burgundy wine. Stir and cook until slightly thickened. Add bacon bits and sauce to beef and mushrooms. Cover and simmer until beef is tender (about 1 1/2 hours). Add more salt if needed. Cool. Pack into freezing containers, makes about 4 quarts. Freeze.

BEEF BOURGUIGNONNE (Continued)

When ready to serve, defrost, place in casserole and bake at 350° for 45 minutes to an hour or until heated through. Serve with rice, noodles or mashed potatoes. Serves 16. Good for a crowd.

CHICKEN DELICACY

Catherine Searcy

Perfect way to use holiday leftover chicken or turkey. Grease medium size casserole. Place layer of dressing, layer of diced chicken or turkey. Repeat until casserole is 3/4 full. Mix:

2 beaten eggs	1 1/2 c. milk
Salt and pepper to taste	

Pour over layer in casserole. Bake at 350° for 45 minutes or until custard mix is set. Serve hot with green salad and toast triangles.

DELICIOUS CHICKEN CASSEROLE

Eloise Kilby

1 c. cubed chicken or turkey	1/2 tsp. pepper
1 c. chopped celery	1 Tbsp. lemon juice
1 c. chopped onion	1/2 c. mayonnaise
1/2 c. chopped walnuts	2 1/2 Tbsp. water
1 1/2 c. cooked rice	3 hard cooked eggs, diced
1 can cream of chicken soup	2 c. crushed potato chips
1/2 tsp. salt	

Combine all ingredients except 1/2 cup potato chips. Place mixture in casserole. Bake 1 hour at 350°.

ONION CASSEROLE

Nina Friedly

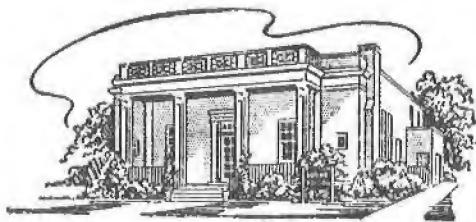
8 onions, sliced thin	2 -3 c. shredded American
3-4 cups crushed potato chips	processed cheese
Paprika	1 can mushroom soup

Cook onions in boiling water until tender, but not soft. Drain thoroughly, reserving 1/4 cup cooking liquid. In 8x12 inch baking dish, layer potato chips, cooked onions and cheese. Repeat until all onions are used. Dilute soup with reserved onion, water and pour over. Sprinkle with paprika. Bake at 350° for 30 minutes. Serves 10-12.

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PENDLETON, OREGON

Slice 6 strips bacon in large fry pan and cook until transparent, add 2 onions, chopped and cook until transparent. Add 3 quarts of sliced zucchini, stir occasionally until tender. Add 1 can chicken noodle soup, simmer a few minutes. Put in casserole and garnish with 2 slices of minced ham and 2 slices cheese, cut in strips over top of squash. Season to taste.

BEEF 'N BISCUIT CASSEROLE

June Neal

1-1 1/4 lb. ground beef	1/2 tsp. garlic salt
1/2 c. chopped onion or 2 Tbsp. onion flavoring	1 can (8 oz.) refrigerated biscuits
1/4 c. diced green pepper	1 1/2 c. shredded Cheddar cheese
2 tsp. chili powder	1/2 c. sour cream
1 (8 oz.) can tomato sauce	1 egg, slightly beaten

Brown beef, onion, pepper. Drain, stir in tomato sauce, chili powder, garlic salt and simmer. Separate biscuits and pull each into 2 parts. Press 10 biscuit layer over bottom of ungreased 8x9 inch pan. Combine 1/2 cup cheese, sour cream and egg. Mix well. Remove meat from heat and stir in sour cream mix. Spread over dough, top with remaining biscuits and cheese. Bake at 375° for 35 to 40 minutes.

LAMB KABOBS

Recipe by: Karin Watson
Hermiston, OregonSent in & enjoyed by: Mrs. Doug Holcomb
Pilot Rock, Oregon1 leg o' lamb, boned with all
fat removedMarinade: 1 envelope Good
Seasons Italian salad dress-
ing, made up according to
pkg. directions

Onion

Green peppers

Cube lamb into 1 1/2 to 2 inch chunks. Place meat in marinade in large bowl or plastic storage bag and leave all day at room temperature, or overnight in refrigerator, then take out and let warm to room temperature. Thread onto skewers, alternating with chunks of onion and green pepper (also whole mushrooms, if desired). Broil or barbecue to doneness desired, turning at least twice. Serve with pilaf and cherry tomatoes with chunks of parboiled summer squash on skewers that have been cooked along with the meat during last 10 minutes.

PRIME RIB SUPREME

Mrs. Robert Gorger

Choose a full rib roast or have butcher prepare at least 9 to 10 pound roast. On day you'll serve, preheat oven to 450° by 9 a. m. (or about 11 hours before serving). Rub meat with garlic powder, monosodium glutamate, salt and pepper in that order. Place on rack, do not cover. Place in preheated oven and cook for 1 hour. Turn off oven and leave meat in. Do not open door at any time. Leave meat in unopened oven all day. About 45 minutes before serving, turn oven to 350° to warm meat through. Meat will look quite rare but will be fully cooked throughout. Instructions are hard to believe but it will be the finest meat you have ever served if you follow completely.

PEPPER STEAK

Mrs. Jim Gorger

3 c. hot cooked rice	1 1/2 c. beef broth
1 lb. lean beef round steak, cut 1/2 inch	1 c. sliced green onions, including tops
1 Tbsp. paprika	2 green peppers, cut in strips
2 Tbsp. butter or margarine	2 Tbsp. cornstarch
2 cloves crushed garlic	1/4 c. each soy sauce and water

While rice is cooking, pound steak to 1/4 inch thick. Cut in 1/4 inch wide strips, sprinkle with paprika and allow to stand while preparing other ingredients. Using skillet, brown meat in butter, add garlic and broth. Cover and simmer 30 minutes. Stir in onions and pepper strips. Cook 5 minutes, blend in cornstarch, water and soy sauce together and stir into meat mixture. Cook, stirring until clear and thickened, about 2 minutes. Serve over hot rice. Serves 6.

BAKED BARBECUE CHICKEN

Mrs. Herman Lorenzen

3 lb. frying chicken cut in pieces	1/3 c. apple jelly
2/3 c. catsup	1 Tbsp. vinegar 1 tsp. chili powder

Combine the last four ingredients. Bring to a boil and boil for 2 minutes. Place chicken on broiler rack of broiler pan and bake for 30 minutes at 350°. This will eliminate much of the fat for the calorie conscious. Salt and pepper chicken, then arrange in a single layer in a smaller pan. Cover with sauce. Bake at 400° for about 20 minutes. Good, quick, easy.

CRAB SOUFFLE

Mrs. Jack (Molly) Saul

8 slices white bread	4 eggs
2 c. crab, shrimp or tuna	3 c. milk
1/2 c. mayonnaise	1 can mushroom soup
1 chopped onion	Grated cheese
1 c. chopped celery	Paprika
1 pepper, chopped	

Dice the bread and place half of it in a baking pan. Mix the crab, mayonnaise, onion, green pepper and celery; spread over the bread in pan. Place the remaining diced bread over the crab mixture. Mix eggs with milk and pour over the crab and bread mixture. Cover with foil and place in refrigerator overnight, or until baking time. Bake at 325° for 15 minutes. Take out and spoon the soup over the top. Sprinkle with cheese and paprika. Bake 1 hour at 325°. Serve as soon as it is baked. Serves 10.

GREEN PEPPER STEAK

Louise Tachella

2 lb. top round	1/2 tsp. black pepper
2 large green peppers	2 tsp. salt
2 large onions	2 tsp. garlic powder
Large can mushrooms	1 c. red wine
5-6 pinches curry powder	

Cut top round into 1/2 inch strips and brown. In second skillet, saute 2 large onions, chopped coarsely. When tender, add a large can of mushrooms and 1/2 teaspoon black pepper, 2 teaspoons salt and garlic powder. Mix with browned beef, add 1 cup red wine. Cook slowly for half hour. Add 5-6 pinches curry powder and simmer for another hour.

SALMON LOAF

Mrs. Martha Evans

3 c. flaked salmon	1 c. milk
1 1/2 c. bread crumbs	Dash of cayenne pepper
3/4 c. chopped celery	1 Tbsp. lemon juice
1/2 c. chopped green pepper	1/2 tsp. baking powder
1/2 c. chopped dry onion	1 tsp. salt
2 eggs, beaten	

Combine eggs with milk, and mix with all the rest of the ingredients. Place in a greased loaf pan and bake at 350° for 40 to 50 minutes or until brown and firm. Loosen edges from pan and invert on warm platter. Garnish with celery tops or parsley. Serve with Hollandaise Sauce.

Mix together the following:

1 lb. hamburger	1 tsp. salt
1/2 c. oatmeal	1/2 c. water

Make into small meat balls and brown slowly. Place around edge of pan then fry ingredients below in center:

1 c. celery, sliced in wedges	1 c. green pepper, sliced
-------------------------------	---------------------------

Cook about 5 minutes then mix and add:

1 1/2 c. water	1/3 c. brown sugar
1/3 c. vinegar	2 Tbsp. soy sauce

Thicken with 2 tablespoons cornstarch mixed with a little water. Add 2 cans of pineapple chunks just before serving. Serve over rice.

SWEET AND SOUR SPARERIBS

Clifetta Akins

Purchase enough pork spareribs for your family. Brown in small amount of fat in electric skillet. Cover with sweet pickle juice, turn to simmer and cook 2 hours or more or until ribs are fork tender. Mix 2 tablespoons cornstarch and 1/2 cup water, thicken juice on spareribs to suit individual preference. Serve with noodles, mashed potatoes or Chinese fried rice, (recipe in this book).

CHINESE FRIED RICE

June Waine

1/2 c. finely diced ham, cooked chicken or pork	1 qt. cold cooked rice
2 Tbsp. salad oil	2-3 Tbsp. soy sauce
1 can mushrooms, sliced (3 oz.) size	1 egg, well beaten
1 1/2 Tbsp. finely chopped green onion	3 slices crisp cooked bacon, crumbled
	5 green onions, chopped

Brown meat lightly in oil, add mushrooms, green onions, rice and soy sauce. Cook over low heat 10 minutes. Add egg and cook 5 minutes, stirring frequently. If darker color is desired, add more soy sauce. Garnish with crumbled bacon and green onions. Serves 4 to 6.

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PENDLETON, OREGON

BAKED PORK CHOP WITH CARROT STUFFING

Mrs. Dick Pelo
Walla Walla, Wash.

4 loin pork chops, 1 inch thick	1/4 c. onion, chopped
1/4 c. Dr. Pepper	1 egg, beaten
1 1/2 c. soft 1/2 inch bread cubes	1/2 tsp. salt
1/2 c. carrots, grated	1 chicken or bouillon cube 1/4 c. hot Dr. Pepper

Brown chops until brown, reserve 2 tablespoons fat for stuffing. Place chops in shallow baking dish; sprinkle with salt, pour 1/4 cup Dr. Pepper around chops. To prepare stuffing, combine bread cubes, carrots, onion, fat and egg, salt and bouillon cube dissolved in hot Dr. Pepper; toss together lightly. Top each chop with about 1/3 cup stuffing; cover pan with foil and bake at 350° for 45 minutes, remove foil and bake 30 minutes longer.
Serves 4.

SAUSAGE 'N RICE

Dalene Myrick

1 lb. sausage	1 green pepper, minced
1 stalk minced celery	1 small onion, minced

Fry sausage, draining as it cooks; add vegetables to saute. Combine with 1 cup raw rice which has been cooked with 2 packages Lipton's noodle soup in 5 cups water. Add:

1 can mushroom (or cream of chicken) soup	1/2 can milk
	1/4 c. sliced almonds

Bake 45 minutes at 350°. Serves 12-15.

TANTALIZER SHORT RIBS

Joan Pedro

3-4 lb. short ribs	1 tsp. salt
1 can tomato sauce (8 oz.)	1/4 tsp. ground cloves
1/4 c. light molasses	Water
1/4 c. prepared mustard	2 Tbsp. flour
1 medium onion, chopped	Hot cooked noodles

Brown ribs in large Dutch oven. Cover tightly and cook 1 hour. Pour off drippings. Combine all ingredients except water and flour, pour over ribs, cover and cook slowly 1 hour or until tender. Pour off liquid and add enough water to make 2 cups. Blend flour with 1/2 cup water, add to 2 cups liquid, cook until thickened. Cook noodles, place in serving dish, add ribs and pour sauce over all. Serves 6-8.

OVEN BEEF STEW

Sandy Nichols

1 lb. beef	1 c. onions
1 c. carrots	1 c. V-8 juice
1 c. potatoes	1 tsp. sugar
1 c. celery	3 Tbsp. tapioca

Place all in ovenproof dish, cover and cook at 250° for 4 hours. Do not stir this stew.

CHICKEN SUPREME

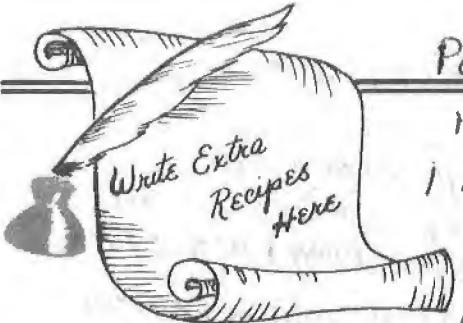
Sandy Nichols

2 1/2 to 3 lb. frying chicken, cut into serving pieces	3/4 c. Pream or other solid coffee creamer
2 Tbsp. melted butter	1 Tbsp. flour
1 tsp. salt	3/4 c. or 4 oz. can mushroom pieces and liquid
1/4 tsp. pepper	1 tsp. paprika
	1 tsp. Worcestershire sauce

Place chicken in shallow baking pan. Brush with melted butter. Sprinkle with salt and pepper. Bake at 400° for 45 minutes. Drain mushrooms, measure liquid, adding water to make 3/4 cup. In mixing bowl, combine Pream, flour, mushroom liquid, paprika and Worcestershire sauce. Stir with wire whip until blended. Add mushroom pieces. Spoon over chicken and continue baking 10 to 15 minutes longer at 400°.

** EXTRA RECIPES **

PORKIPINE BALLS



1 1/2 LBS HAMBURGER
1 MEDIUM SIZE ONION
Diced Fine
1 STALK Celery Dice
FINE - 1 CUP LONG GRAIN
RICE. SALT AND PEPPER TO TASTE

MIX TOGETHER - AND ROLL INTO SMALL
BALLS - DROP INTO BOILING TOMATO
JUICE - SEASONED WITH SALT PEPPER
LITTLE PAPRICKA - TINY BITS ONIONS
AND CELERY IN TOMATO JUICE EXTRA.
A SIMMER & ADD OTHER - ON TOP OF
STOVE - 45 MINUTES TO ONE HOUR
STIRRING NOW AND THEN TO KEEP FROM
STICKING. THIS IS A GOOD MAIN
DISH - THAT IS ONE LARGE CAN OF
TOMATO JUICE.

By MARY ROACH.

WHEAT GERM ZUCCHINI BREAD



3 EGGS
1 CUP SOYA OIL
1 CUP WHITE SUGAR
1 CUP FIRMLY PACKED BROWN SUGAR
3 TSPS MAPLE FLAVORING

2 CUPS COARSELY SHREDDED ZUCCHINI
2 1/2 CUPS ALL PURPOSE FLOUR
1/2 CUP TOASTED WHEAT GERM
2 TSP SODA 2 TSP SALT 1 CUP CHOPPED NUTS
1/2 CUP SESAME SEED.

WITH ROTARY BEATER, BEAT THE EGGS TO BLEND
ADD THE OIL, SUGARS & MAPLE FLAVORING
AND CONTINUE BEATING UNTIL MIXTURE
IS THICK AND FOAMY - USING SPOON STIR
IN ZUCCHINI. COMBINE FLOUR WHEAT GERM
SODA SALT & B. SODA & NUTS INTO MIXTURE
JUST UNTIL BLENDED.

DEVIDE BATTER EQUALLY INTO 2 BREAD
PANS, SPRINKLE SESAME SEED EVENLY
OVER TOPS OF EACH LOAF.

BAKE 350° FOR ONE HOUR, OR UNTIL
WOODEN PICK INSERTED IN CENTER
COMES OUT CLEAN

COOK IN PANS FOR 10 MINUTES TURN
OUT ON WIRE RACKS TO COOL THOROUGHLY
MAKES 2 LOAVES. CAN BE STORED
FOR FUTURE USE.

I like THIS one BETTER THAN
THE REGULAR Recipe.

MARY ROACH

BREAD ROLLS PASTRY



COOKING SUGGESTIONS

To toast coconut for cakes, put in pie pan and place in moderate oven. Stir often from edges, to brown evenly.

* * * * *

Flour should be sifted once before measuring. Fill the cup without packing.

* * * * *

Do not grease the sides of cake pans, grease only the bottoms.

* * * * *

When beating egg whites do not tap beater on bowl of egg whites. The jarring of beater will cause the whites to lose a great deal of their fluffiness. The beater should be tapped on the hand to clear off the whites.

* * * * *

Rub the bottom of the soup cup with a sliced whole garlic to accent the flavor of Navy Bean Soup.

* * * * *

Eggs should be at least three days old before using in cakes.

* * * * *

SLOW OVEN 250 to 325 degrees

MODERATE OVEN 350 to 375 degrees

HOT OVEN 400 to 450 degrees

VERY HOT OVEN 450 to 500 degrees

* * * * *

When making cake icing or candy consisting of milk or cream and sugar, add one teaspoon of ordinary table syrup for each cup of sugar used. Boil in the usual way. Your finished product will be much smoother and not so apt to become sugary.

PRESERVED CHILDREN

Take 1 large field, half a dozen children, 2 or 3 small dogs, a pinch of brook and some pebbles. Mix the children and dogs well together; put them on the field, stirring constantly. Pour the brook over the pebbles; sprinkle the field with flowers; spread over all a deep blue sky and bake in the sun. When brown, set away to cool in the bathtub.

BREAD, ROLLS, PASTRY

LEMON BREAD

Mrs. Mary K. Gehling

6 Tbsp. butter	1/2 c. milk
1 c. white sugar	1 lemon rind and 1 orange
2 eggs	rind, grated
1 1/2 c. flour	Juice of 1 lemon and 1 orange
1 tsp. baking powder	1/2 c. nuts, chopped
Touch of salt	1/2 c. chopped cherries

Cream sugar and butter. Add eggs, sift dry ingredients and add to creamed mixture. Add lemon rind and orange rind and juices. Add nuts and cherries, place in greased loaf pan. Bake at 350° for 1 hour. Cool 5 minutes, remove from pan, then top with mixture of juice of 1 lemon plus rind of 1 lemon and 1 orange and 1/3 cup of sugar mixed well.

FRENCH PUFF MUFFINS

Dolores Schiewe

Mix together:

1/3 c. shortening	1 egg
1/2 c. sugar	

Sift:

1 1/2 c. flour	1/2 tsp. salt
1 1/2 tsp. baking powder	1/4 tsp. nutmeg

Stir in alternately with 1/2 cup milk. Fill greased muffin tins 2/3 full. Bake until golden brown. Bake in 350° oven for 20-25 minutes. Roll immediately in 6 tablespoons butter, melted and then in 1/2 cup sugar and 1 teaspoon cinnamon mixed.

APPLE PRUNE BREAKFAST RING

Margaret Thorne

3/4 c. milk, scalded and cooled	1/4 c. warm water
1/4 c. sugar	1/2 tsp. sugar
1 tsp. salt	1/4 c. shortening
1 pkg. yeast	1 egg, slightly beaten

3 1/2 c. flour

Dissolve sugar and salt in scalded milk, cool. Dissolve yeast, sugar and shortening in warm water, then add milk mixture. Add egg and flour enough to make it easy to handle. Knead until smooth. Let rise. Punch down and turn out on board. Roll to 9x18 inch oblong and spread with butter, then the following:

APPLE PRUNE BREAKFAST RING (Continued)

Filling:

3/4 c. cooked prunes, cut up	1/2 c. brown sugar
1 1/2 c. diced, pared apples	1 tsp. cinnamon
1 Tbsp. lemon juice	3/4 c. chopped nuts

Roll up like jelly roll and work into a circle. Cut 2/3 of way into ring from outer edge at one inch intervals, twisting each section out and flat. Cover, let rise until doubled. Bake at 375° for 25 minutes. Frost with powdered sugar and milk icing while still warm. Serves 8.

ORANGE COFFEE CAKE

Thelma Power

2 cans refrigerator biscuits	1 tsp. grated orange rind
3/4 c. sugar	1/4 c. melted butter

Mix sugar and orange rind together. Dip biscuits in butter then in sugar mixture. Arrange biscuits, on sides, around the edge of a 9 inch cake pan. Bake at 425° for 15 to 20 minutes.

Topping:

1 oz. cream cheese, creamed	1 Tbsp. orange juice
3/4 c. powdered sugar	1/4 tsp. vanilla 1/4 c. coconut

Mix together and spread over hot biscuits. Serve warm.

EASTERN OREGON RANCH BREAD (Sourdough)

Jack Saul

2 c. milk, lukewarm	3 tsp. salt
1 pkg. dry yeast in 3 1/2 c. flour	1/2 c. sugar
1/2 c. shortening (butter, margarine or oil)	3 eggs, beat lightly with fork
2 c. sourdough starter	1 c. mashed potatoes (can use instant)

Mix well then add: 4 cups flour (add 1/2 cup at a time). Knead until it is not sticky to the hands (add a little more flour if necessary). Place in a greased bowl, lightly oil the top of the sponge and let rise until double in bulk. Punch down and knead again. Let rest 15 minutes. Knead lightly again and divide into 3 loaves. Bake 30 minutes at 375° or until golden brown. For smaller individual loaves, bake 30 minutes at 350° or until golden brown. Note: Time figured on glass bread pans--or old fashioned dark bread pans.

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PENDLETON, OREGON

To any white bread recipe add:

1/2 c. grated onion	1/2 c. grated carrots
1/2 c. grated celery or finely chopped celery leaves	1 tsp. sage (more or less according to taste)

This is added to dough just before the final addition of flour. More flour is needed because of the extra moisture in onions and carrots.

LEMON STREUSEL COFFEE CAKE

Elaine Hansen
Omaha, Neb.

1 pkg. lemon cake mix	4 eggs
1 pkg. lemon instant pudding mix	1/4 c. cooking oil 1 carton (8 oz.) sour cream

Combine ingredients and beat for 5 minutes. Batter will be very thick. Spoon 1/2 of batter into Bundt or tube pan and swirl 1/2 of topping through it. Add remaining batter and top with rest of topping. Bake in preheated oven at 350° for 45 to 50 minutes.

Topping:

1 c. chopped nuts	1/2 c. sugar
1 1/2 tsp. cinnamon	

Combine the ingredients.

BUTTERMILK PANCAKES

Betty G. Keating

2 c. flour, sifted	2 eggs, beaten
1 tsp. soda	2 c. buttermilk
1 tsp. salt	2 tsp. melted shortening or
2 Tbsp. sugar	bacon drippings

Sift dry ingredients together; combine well beaten eggs, buttermilk and melted shortening. Add to dry ingredients, stirring until flour is barely moistened. (Disregard lumps in batter over stirring makes less tender pancakes). Turn cakes when golden brown and bubbles on surface break. Makes about 18 (4 inch) pancakes.

BANANA NUT BREAD

Mrs. Ida Jordan

1/3 c. shortening	1/2 tsp. salt
3/4 c. sugar	1/2 tsp. baking soda
1 egg, well beaten	1/2 c. chopped walnuts
2 c. bran flakes	1 1/2 c. mashed bananas
1 1/2 c. sifted flour	2 Tbsp. water
2 tsp. baking powder	1 tsp. vanilla

Cream well shortening and sugar. Add egg and bran flakes. Sift together flour, baking powder, salt and soda. Add nuts. Combine bananas and water. Add to creamed mixture alternately with dry ingredients; stir in vanilla. Bake in greased 9x5x3 inch pan in moderate oven at 350° for 1 hour and 10 minutes, or until tester comes out clean. Makes 1 (1 lb.) loaf.

DUTCH APPLE PIE

Ellen Lewis

Prepare pie shell (single). Peel and quarter apples (Yellow delicious, Rome Beauty or Winesap) and arrange around the shell until it is filled. Blend the following:

1 c. sugar	1 tsp. cinnamon
3 Tbsp. flour	

Then add 1 cup sour cream. Pour this over the apples and bake at 425° for about 25 minutes and then reduce the temperature to 325° and bake until apples are done.

PUMPKIN BREAD

Mary Jane Cunning

5 c. all purpose flour	2 tsp. cinnamon
4 c. sugar	1 tsp. ground cloves
4 tsp. baking soda	1 c. vegetable oil
1 tsp. salt	1 (No. 2 1/2) can pumpkin

Combine dry ingredients in large bowl. With a spoon make a well and add salad oil and pumpkin. Mix with a large wooden paddle or sturdy wooden spoon until well blended. Pour into 2 greased loaf pans and bake in a 350° oven for about 1 hour and 15 minutes, or until a toothpick inserted comes out dry. To freeze, wrap securely in foil. Makes 2 loaves.

OATMEAL BREAD

Minnie Hudemann

1 c. quick oatmeal
2 c. boiling water
2 Tbsp. shortening
2 tsp. salt
1 pkg. yeast

1/2 c. warm water
1/2 tsp. sugar
1/2 c. molasses
6 c. flour

Pour boiling water over oatmeal, shortening and salt, cover and let cool. Dissolve yeast in 1/2 cup warm water with sugar then add to oatmeal mixture. Add molasses and enough flour to make a workable dough. Knead and let rise. Punch down and let rise again. Mold into two loaves and let rise the third time. Bake 50 to 60 minutes in 400° oven or until browned. (If loaves brown too fast, turn oven down to 350° to finish). Makes 2 loaves.

POP-UP BREAD

Mrs. Otto Nooy

3-3 1/4 c. all purpose flour,
divided
1 pkg. dry yeast
1/2 c. milk
1/2 c. oil
1/2 c. water

1/4 c. sugar
1 tsp. salt
2 eggs
1 c. grated Cheddar cheese,
(optional)

Stir together 1 1/2 cups flour and yeast. Heat milk, oil, water, sugar and salt over low heat only until warm; stir to blend. Add to flour-yeast mixture and beat until smooth, about 2 minutes on medium speed of mixer or 300 strokes by hand. Blend in eggs and cheese, if desired. Stir in flour to make a stiff batter. Beat until batter is smooth and elastic. Divide into 2 well greased 1 pound coffee cans. Cover with plastic lids. Let rise in warm place until light and bubbly, about 1 hour. (Batter should be slightly below can covers). Remove lids. Bake in a moderate oven at 375° for 30 to 35 minutes or until done. Cool in cans 15 minutes before removing.

HUSH PUPPIES

Leila Rice

3 c. white corn meal
3 c. buttermilk
1/2 c. flour

1 tsp. soda
Pinch of salt

Mix soda with buttermilk, then mix with corn meal and flour to form a stiff batter. Add salt, cut dough into balls with a tablespoon and drop into 350° deep fat to cook about 4 to 5 minutes. Makes 6 servings.

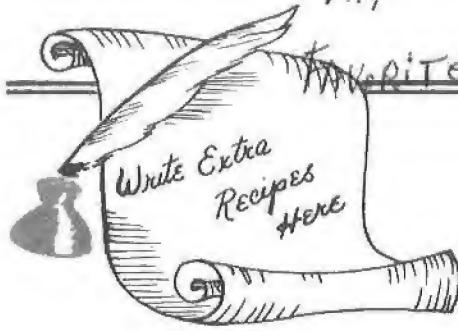
3 eggs	1 tsp. salt
1 c. cooking oil	1 tsp. soda
2 c. sugar	1/4 tsp. baking powder
2 c. raw and grated zucchini (peeled/unpeeled) prefer unpeeled	1 tsp. vanilla
3 c. flour	1 tsp. nutmeg
3 tsp. cinnamon	Nuts, dates and coconut(optional) or combination of all 3

Beat together eggs, oil, sugar; add zucchini. Sift flour, cinnamon, salt, soda and baking powder, add to creamed mixture. Add vanilla, add nuts, dates and coconut. Pour into loaf pans, bake at 325° for 60 to 75 minutes.

SEMMEL OR WECKEN

Margaretta Lupper

Dissolve yeast in warm water. Add a dash of salt, a teaspoon of sugar and powdered or regular milk. Add a small amount of flour and let rise a short while (5 minutes). Add flour to make a solid dough. If it sticks, add more flour. Or empty dough onto a heap of flour on a board and mix until solid. Knead in flour until you can shape dough. Shape into 2x3 inch buns on a cookie sheet. Leave room for expansion. Make a cut lengthwise into the bun and let rise. Or shape into round buns and make 5 cuts from center to outside to give pinwheel shape. Bake at 325 - 375° until golden brown. The higher the temperature makes them crisper. Serve for Sunday breakfast with jam; butter while warm. Or, use cold as a sandwich bread, with slices of cold meat and cheese and a few slices of hard boiled egg. Serve with warm boiled eggs, cold cuts and coffee; they make a delicious breakfast. Good as a dessert, served with thin slices of chocolate candy in the center.

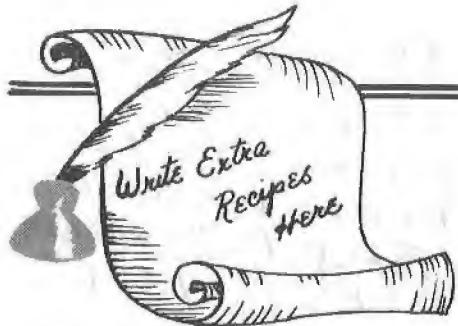


FAVORITE RHUBARB Pie

2 CUPS SUGAR
6 TABLESPOONS FLOUR
RED FOOD COLORING
1 TBSP. BUTTER MELTED
2 EGGS 4 CUPS

Rhubarb = 2 TBLSPS. THICK CREAM
MIX TO GATHER - TURN INTO UN
BAKED PIE SHELL AND BAKE.

By MARY ROACH



1995 - 1996 - 1997 - 1998 - 1999
2000 - 2001 - 2002 - 2003 - 2004
2005 - 2006 - 2007 - 2008 - 2009
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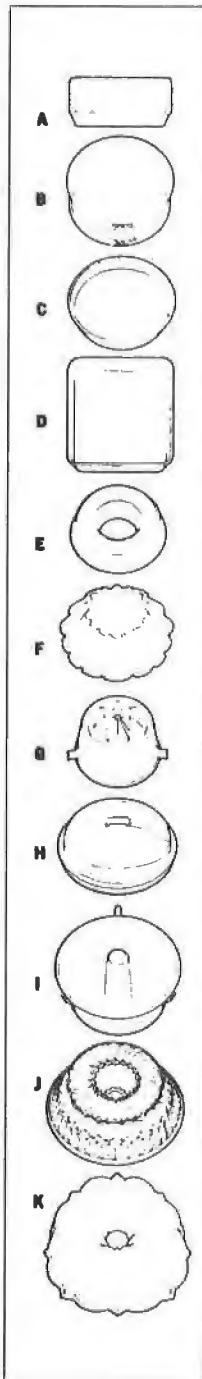
CAKES COOKIES DESSERTS



HANDY CHART OF KITCHEN MATH

(Size of Pans and Baking Dishes)

Cooking need never become a crisis, when you use our handy charts. Need a 4 or 6-cup baking dish? Will your fancy mold be the right size for the recipe? See below for the answers.



COMMON KITCHEN PANS TO USE AS CASSEROLES WHEN THE RECIPE CALLS FOR:

4-cup baking dish:

9-inch pie plate
8x1½-inch layer cake pan—C
7 3/8 x 3 5/8 x 2 1/4-inch loaf pan—A

6-cup baking dish:

8 or 9x1½-inch layer cake pan—C
10-inch pie plate
8½ x 3 5/8 x 2 5/8 inch loaf pan—A

8-cup baking dish:

8x8x2-inch square pan—D
11x7x1½-inch baking pan
9x5x3-inch loaf pan—A

10-cup baking dish:

9x9x2-inch square pan—D
11¾x7½x1¾-inch baking pan
15x10x1-inch jelly-roll pan

12-cup baking dish and over:

13½x8½x2-inch glass baking pan	12 cups
13x9x2-inch metal baking pan	15 cups
14x10½x2½-inch roasting pan	19 cups

TOTAL VOLUME OF VARIOUS SPECIAL BAKING PANS

Tube Pans:

7½x3-inch "Bundt" tube pan—K	6 cups
9x3½-inch fancy tube or "Bundt" pan J or K	9 cups
9x3½-inch angel cake pan—I	12 cups
10x3¾-inch "Bundt" or "Crownburst" pan—K	12 cups
9x3½-inch fancy tube mold—J	12 cups
10x4-inch fancy tube mold (Kugelhupf)—J	16 cups
10x4-inch angel cake pan—I	18 cups

Melon Mold:

7x5½x4-inch mold—H	6 cups
--------------------	--------

Spring-Form Pans:

8x3-inch pan—B	12 cups
9x3-inch pan—B	16 cups

Ring Molds:

8½x2¼-inch mold—E	4½ cups
9¼x2¾-inch mold—E	8 cups

Charlotte Mold:

6x4¾-inch mold—G	7½ cups
------------------	---------

Brioche Pan:

9½x3¼-inch pan—F	8 cups
------------------	--------

CAKES, COOKIES, DESSERTS

ALTRUSA PARTY DESSERT

1 can Eagle Brand sweetened condensed milk	1 large carton Cool Whip 1 large can frozen lemonade (12 oz.)
---	--

Prepare graham cracker crust or regular baked pastry shell. Mix milk, whipped topping and lemonade (do not thaw) together and pile into crust. Chill well. Easy and delicious dessert.

CHOCOLATE ORANGE TEA DROPS

Ruth R. Finch

1/2 c. soft butter or shortening	1 tsp. vanilla
3 oz. pkg. cream cheese	1 c. sifted flour
1/2 c. sugar	1/2 tsp. salt
1 egg	1 (6 oz.) pkg. chocolate chips
	1 tsp. grated orange rind

Cream together butter, cream cheese, sugar, egg, orange rind and vanilla. Sift flour and salt together and stir into creamed mixture. Stir in chocolate chips and mix well. Bake about 15 minutes at 350°. Makes 4-5 dozen.

BUTTERMILK BROWNIES

Lona Lewis Odom

2 c. sugar	1/2 c. salad oil
2 c. sifted flour	1/2 c. buttermilk
4 Tbsp. cocoa	1 tsp. soda
1 c. cold water	2 eggs
1/2 c. (1 stick) margarine	

Sift sugar, flour and cocoa together in bowl. In saucepan bring water, margarine and salad oil to boil. Pour over dry ingredients and beat until creamy. Add buttermilk, soda and eggs. Beat thoroughly. Bake in greased jelly roll pan for 18 minutes at 400°. Frost cool brownies with frosting made by bringing the following:

1/2 c. margarine	1/4 c. cocoa
1/3 c. buttermilk	

to a boil, add 1 box powdered sugar and 1/2 teaspoon vanilla. Nuts optional.

RUM CREAM PIE

Mrs. Gordon Kelty

6 egg yolks

Scant cup sugar

Cream yolks and sugar together until lemon color. Add 1 envelope Knox gelatine to 1/4 cup cold water. Dissolve over hot water. Mix gelatine with egg mixture. Add 1/4 cup of Myers Jamacia rum. Fold in 1 pint of whipped cream and grate bitter chocolate over top. This recipe will fill two baked pie shells. Refrigerate until ready to serve.

MAZOLA NO ROLL PIE CRUST

Mrs. Gordon Kelty

For 1 pie crust sift:

1 1/2 c. flour

1 tsp. salt

1 1/2 tsp. sugar

Measure:

1/2 c. Mazola oil

2 Tbsp. milk

Whip with fork until blended and pour oil mixture over flour mixture and blend with fork. Press into pie pan with fingers. Bake 10 to 12 minutes at 425° oven.

BLACK BOTTOM CUPCAKES

Mrs. Todd Holt

8 oz. cream cheese

1 egg

1/2 tsp. salt

1 c. chocolate chips

1/3 c. sugar

Combine, beat well and set aside. In a large bowl sift together:

1 1/2 c. flour

1 tsp. soda

1/4 c. cocoa

1/4 tsp. salt

1 c. sugar

Combine:

1 c. water

1 Tbsp. vinegar

1/3 c. cooking oil

1 Tbsp. vanilla

Combine dry ingredients with liquid ingredients. Batter will be thin. Fill cupcake liners 1/3 full with batter. Top with heaping spoonful of cheese mixture, sprinkle with sugar on top. Bake 350° for 30 minutes. Makes 24 cupcakes. Great for picnics as no frosting is needed.

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IN THIS BOOK

GLAZED STRAWBERRY TARTS

Violet Waggoner

1 qt. strawberries	1/2 to 3/4 c. granulated sugar
1/2 c. powdered sugar	1 Tbsp. cornstarch
1 c. water	8 baked tart shells

Wash and stem berries. Mix 3 cups berries with powdered sugar and let stand at least 1 hour. Cook remaining berries with water until tender, then rub through a sieve. Mix sugar and corn-starch, add to strained strawberry juice and cook until clear. Arrange whole berries in tart shells and pour hot glaze over top. Cool. Garnish with whipped topping before serving.

SOUR CREAM RAISIN PIE

Edith Stevens

1/2 c. sugar	1/2 tsp. salt
1/2 c. sour cream	1/2 tsp. cloves
2 c. raisins	1 tsp. cinnamon
1 beaten egg	2 tsp. vinegar

Mix all ingredients together and put into 9 inch unbaked pie shell. Top with crust and bake at 350° for 30 to 35 minutes.

PINEAPPLE CAKE

Nadine Catterall

1 can of pineapple chunks (20 oz.)	1 pkg. any kind yellow cake mix
1 (8 oz.) pkg. coconut	1/2 lb. butter, margarine is too salty

Place pineapple chunks and juice in a buttered square cake pan, place package of coconut on top, pat cake mix on top of coconut and then slice butter on top of cake mix covering cake mix completely. Bake about 45 minutes in 350° oven; this will serve quite a few people because it is so rich, perfect with more ice cream than cake, serve very small slices.

VANILLA WAFER DESSERT

Pam Morris

3/4 lb. vanilla wafers, crushed	Pinch salt
1 1/2 c. powdered sugar	1 pt. whipping cream
1/2 c. butter	1/2 c. powdered sugar
2 eggs, beaten	Maraschino cherries 3/4 c. walnuts

Cream butter and 1 1/2 cups powdered sugar and 2 beaten eggs. Put 1/2 of the wafer crumbs. Whip cream, add 1/2 cup powdered sugar, cherries and nuts, then rest of crumbs on whip cream layer. Refrigerate several hours or overnight. Use a 9x9 buttered dish.

CHEESE CAKE

Hazel L. Hubel

16 graham crackers
1 pinch salt
1 pinch cinnamon

1 Tbsp. sugar
2 Tbsp. butter or margarine,
melted

Mix above ingredients, press evenly in bottom of spring form pan, save small amount to sprinkle on top. Beat together:

1 c. sugar 4 egg yolks

Add, mix with spoon:

1 lb. cottage cheese
(small curd)

1/2 pt. sour cream
3 Tbsp. flour

Fold in:

4 egg whites, stiffly beaten 1 tsp. vanilla

Pour on top of crust; bake at 300° for 1 hour or until firm.

LEMONADE COOKIES

Betty G. Keating

1 c. margarine or butter
1 c. sugar
2 eggs

3 c. flour
1 tsp. soda
1 (6 oz.) can frozen lemonade

Cream together butter and 1 cup sugar; add eggs, beat until light and fluffy. Sift together flour and soda. Add alternately the creamed mixture with 1/2 cup of lemonade concentrate. Drop cookies from spoon 2 inches apart on cookie sheet. Bake at 400° about 8 minutes. Brush hot cookie lightly with the remaining concentrate, sprinkle with sugar. Makes about 4 dozen small cookies.

FRUIT COCKTAIL CAKE

Janine Daboling

2 eggs, beaten 1 tsp. vanilla
1 (No. 303) can fruit cocktail,
not drained

Mix together the above. Sift four times:

1 c. sugar
1 c. flour

1 tsp. salt
1 1/4 tsp. soda

Add to fruit mixture. Mix:

FRUIT COCKTAIL CAKE (Continued)

2/3 c. brown sugar	2/3 c. chopped nuts
--------------------	---------------------

Sprinkle over top of cake. Bake 25 to 30 minutes at 350°.
Serve topped with whipped cream and maraschino cherries.

CHOCOLATE CHIP BARS

Mrs. Chas. (Alerita) Burns

1/3 c. soft shortening	1 1/4 tsp. double acting
1 1/4 c. brown sugar, packed	baking powder
2 eggs	1/4 tsp. salt
1 1/4 c. flour	1/2 c. chocolate bits
	1/2 c. coarsely broken nuts

Mix together thoroughly the shortening, brown sugar, and eggs. Sift flour, baking powder and salt together and stir in. Add chocolate bits and nuts. Stir in. Spread into greased square pan 9x9x2 inch. Bake 30 to 35 minutes in moderate oven at 350°. When almost cool, cut into 16 bars.

RUSSIAN SAUCE

Dolores Schiewe

Sauce for Angel Food, sponge or chiffon cake. Mix together in top of double boiler:

3 egg yolks	1/2 c. orange juice
1/2 c. sugar	

Cook until thick, stirring constantly (15 minutes). Stir in 1 tablespoon orange rind; cool and fold in:

1 c. whipping cream, whipped stiff	1/2 c. toasted almonds.
---------------------------------------	-------------------------

KAROT KAKE

Mrs. Vivian Brecht

2 c. sifted flour	3 eggs
2 tsp. soda	2 c. grated raw carrots
2 tsp. cinnamon	3/4 c. oil
2 tsp. vanilla	3 3/4 oz. coconut
1/2 tsp. salt	3/4 c. buttermilk
2 c. sugar	1 c. nuts
1 small can crushed pineapple, drained	

Sift dry ingredients, beat eggs, add oil, buttermilk, sugar and vanilla. Mix thoroughly. Mix by hand pineapple, nuts, carrots and dry ingredients. Add coconut. Pour into lightly greased and

CARROT CAKE (Continued)

floured pan 13 x 9 x 2 1/2 inch. Bake at 350° for 55 minutes.

Topping Glaze:

1/2 tsp. soda	1 cube butter
1 c. sugar	1 tsp. white corn syrup
1/2 c. buttermilk	1/2 tsp. vanilla

Mix all ingredients together (except vanilla) in a pan, bring to a boil and boil for 5 minutes. While cake is still hot, prick with fork all over and pour hot glaze over top of cake.

GERMAN CHOCOLATE CAKE

Norma McClure

1 pkg. white cake mix	1 pkg. chocolate instant
3 egg whites	pudding (small)
2 c. milk	

Beat 4 minutes, bake at 350° for 40 minutes. Three layer or large sheet cake.

Frosting:

1 c. canned milk or cream	1/2 c. margarine
1 c. sugar	3 egg yolks

Cook until it thickens and then add:

1 tsp. vanilla	1 c. coconut
1 c. nuts	

Cool and frost cake.

FRUIT AND ZUCCHINI BARS

Mrs. Daphna Branstetter

Beat together until creamy:

3/4 c. butter	1/2 c. each of brown sugar and granulated sugar
---------------	--

Add:

2 eggs	1 tsp. vanilla
--------	----------------

Beat until blended. In small bowl, blend together:

1 3/4 c. flour (unsifted)	1 1/2 tsp. baking powder
1/2 tsp. salt	

FRUIT AND ZUCCHINI BARS (Continued)

Gradually add to creamy mixture, beat well. Stir in:

3/4 c. coconut	3/4 c. raisins
3/4 c. snipped dates	2 c. unpared, coarsely shredded zucchini

Evenly spread on 10x15 inch jelly roll pan (greased). Bake at 350° for 35 to 40 minutes or until toothpick comes out clean. Place on rack to cool slightly. Beat together:

1 Tbsp. melted butter	1/4 tsp. cinnamon
2 Tbsp. milk	1 c. powdered sugar
1 tsp. vanilla	

Drizzle over warm bar cookies. Spread evenly. Sprinkle 1 cup chopped nuts on top. Cool well before cutting. Makes 4 dozen.

ALMOND TORTE

Marjorie Koeppen

1/2 c. sugar	1 c. sifted flour
1/2 c. shortening	2 tsp. baking powder
4 eggs	1/4 tsp. salt
1/3 c. milk	

Cream together the sugar and shortening until fluffy. Beat in the egg yolks one at a time. Sift flour and measure and sift again with baking powder and salt. Add to creamed mixture alternately with the milk. Spread batter (will be quite thick) evenly in 2 well greased 8 or 9 inch layer cake pans. Cover with the following:

4 egg whites	1 c. sugar
Pinch salt	1 tsp. vanilla
2/3 c. slivered almonds	

Beat egg whites until stiff, adding the salt. Gradually fold in the sugar, add vanilla. Spread over the batter and sprinkle the top with slivered blanched almonds. Bake in slow oven at 325° for 30 minutes or until batter is done and meringue is a golden brown. Serve with sweet whipped cream spread between the 2 layers with the meringue on top and bottom.

ORANGE SLICE CAKE

Mrs. Virgin Cain
Adams, Oregon

2 c. chopped dates	
1 lb. orange slice candy, chopped	1 c. margarine
2 c. nuts, chopped	2 c. sugar
2 c. flake coconut	4 eggs
1 Tbsp. orange rind, grated	3 c. flour, sifted
1/2 c. flour, sifted	1 tsp. soda
	1/2 c. buttermilk

Combine dates, candy, nuts, coconut and orange rind. Pour 1/2 cup flour over mixture and mix well. Cream sugar and butter, add eggs one at a time; beat well. Add 3 cups flour and buttermilk in which soda has been dissolved to creamed mixture. Add floured fruit and nut mixture. Bake in tube pan for 2 hours at 250°.

RAW APPLE CAKE

Jane Collier

1 c. sugar	1 tsp. cinnamon
1/2 c. butter	1/2 tsp. salt
1 egg	1/2 c. cold coffee
1/2 c. nutmeats	2 c. diced raw apple
1 1/2 c. flour	Sugar for topping
1 tsp. soda	

Cream sugar and butter. Add egg and beat. Sift flour, salt, soda, and cinnamon and add alternately with coffee. Add nutmeats and diced raw apple. Bake in 7x11x2 inch pan in 350° oven for 40 minutes. Spread sugar and nuts on top. Needs no frosting.

PIE CRUST

Mrs. James R. Smith
Athena, Oregon

3 c. flour	1 tsp. salt
1 1/2 c. shortening	

Blend ingredients, then add:

1 egg, slightly whipped	1 Tbsp. vinegar
5 Tbsp. water (large Tbsp.)	

FROZEN COOKIES

Mrs. Evelyn Ayers
Barron, Wis.

2 c. brown sugar (packed)	
1 c. shortening	1/2 tsp. salt
2 eggs, beaten	1 tsp. vanilla
3 1/2 c. flour	1 c. nutmeats
1 tsp. soda	

FROZEN COOKIES (Continued)

Mix all ingredients until well blended. Divide dough into 2 rolls about 2 inches in diameter, wrap in waxed paper and freeze. Slice while the dough is frozen. Place about 2 inches apart on ungreased cookie sheet and bake until a golden brown in a 375° oven.

CHOCOLATE CREAM FROSTING

Jane Collier

1 c. sugar	2 squares chocolate or
1/2 c. canned milk	3 Tbsp. cocoa
1/2 tsp. salt	Powdered sugar
1 tsp. vanilla	3 Tbsp. butter

Mix sugar, chocolate or cocoa, butter and milk. Bring to boiling point and cook 3 minutes. Cool slightly; add enough powdered sugar to spread. Add vanilla. This makes enough frosting for a 2 layer cake.

CARROT CAKE

Alma Kaye

2 c. sugar	2 tsp. soda
4 eggs	2 tsp. cinnamon
1 1/3 c. oil	4 c. grated carrots
2 c. flour	3/4 c. broken nuts
2 tsp. baking powder	

Beat sugar and eggs until thickened and pale, stir in oil. Sift together flour, soda, baking powder and cinnamon. Stir into egg mixture. Fold in carrots and nuts. Pour into 9x13 inch sheet pan or larger glass cake pan (glass bake at 325°). Bake 350° for 35 to 40 minutes.

Frosting:

8 oz. cream cheese, at room temperature	1 lb. powdered sugar
1/2 c. margarine	1 tsp. vanilla

Beat until blended and velvety. Frost.

SKILLET STRAWBERRY COOKIES

Mrs. Dennis Moffit

1 (8 oz.) pkg. pitted dates, snipped (1 1/2 c.)	1 1/2 c. rice cereal
1/2 c. flaked coconut	Dash salt
1/2 c. sugar	1/2 c. walnuts, chopped
4 Tbsp. butter or margarine	1 tsp. vanilla
1 egg, slightly beaten	1 jar fine red sugar
	1 can green decorators frosting

SKILLET STRAWBERRY COOKIES (Continued)

In skillet combine dates, coconut, sugar, butter, egg and salt. Cook and stir over medium low heat until mixture thickens. (5 to 10 minutes). Remove from heat, stir in Rice Krispies, chopped nuts and vanilla. Cool 10 minutes. For each cookie use 1 tablespoon mixture, form into strawberry shape. Roll each cookie in red sugar. Trim with green frosting leaves. Makes 2 1/2 dozen cookies. Freezes well.

RHUBARB DESSERT

Mrs. R. L. Whitford

4 c. cut rhubarb	2 c. sugar
------------------	------------

Let stand so juice flows, then cook until tender. Add 1 box jello, small size strawberry. Add 2 cups miniature marshmallows. Let cool and partially set, fold in 1/2 pint cream, whipped or 1 package Dream Whip. Layer pan with graham cracker crumbs, reserving some for the top. Refrigerate; serve with a strawberry on top.

WHISKEY CAKE

Mrs. R. L. Whitford

Combine the following in a large bowl and beat well:

1 pkg. yellow cake mix	2/3 c. oil
1 large pkg. instant vanilla pudding	1/2 c. whiskey
	1/2 c. milk

Add 5 eggs, one at a time. Chopped walnuts are a good addition. Pour into greased and floured Bundt pan (12 cup size). Bake 50 to 60 minutes at 350°. This cake stays nice and moist and also freezes well.

SWEDISH SNO-BALLS (unbaked cookies) Mrs. R. L. Whitford

1 c. sugar	3 Tbsp. cold coffee
2 c. quick oatmeal	2 tsp. vanilla
1 Tbsp. cocoa	

Mix above ingredients with 1/2 cup butter or margarine. Chill and roll into balls. Roll in sugar. When firm, store in tightly covered container. They will freeze well.

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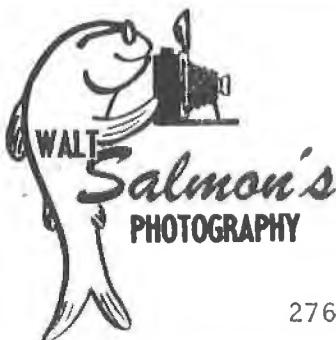
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YOUR COOKBOOK

MAYONNAISE CAKE

Alice Stevens
Helix, Oregon

3/4 c. mayonnaise	
1 tsp. vanilla	1 c. boiling water
1/2 tsp. salt	3 Tbsp. cocoa
1 tsp. soda	2 c. sifted flour
1 c. sugar	1 c. chopped dates (optional)
1 tsp. cinnamon	1 c. chopped walnuts (optional)

If using dates and nuts, dissolve soda in boiling water and pour over dates and nuts in large bowl. If not using dates and nuts, just dissolve soda in water in bowl. Sift dry ingredients together, add mayonnaise and water. Mix together well and put into greased 10 inch Angel Food pan or well greased Bundt pan. Bake at 375° about 25 to 30 minutes or until done when tested with toothpick.

DANISH PUFF PASTRY

Nancy Gorger
Yakima, Wash.

1 c. flour	
1/2 c. margarine	2 Tbsp. water

Mix together as for pie crust. Divide in half. On greased cookie sheet, pat dough out into 2 strips about 12 x 3 inches and 3 inches apart. Spread with following topping:

1/2 c. margarine	1 tsp. almond extract
1 c. water	1 c. flour
3 eggs	

Bring margarine and water to boil, remove from heat and add flavoring, then add flour, stirring until smooth. Add eggs, one at a time, and beat smooth. Spread over pastry oblongs. Bake 1 hour at 350°. Cool and frost with powdered sugar and butter icing flavored with almond. Sprinkle with nuts.

EGGLESS OATMEAL CRISPIES COOKIES Mrs. Hazel Barnes

1/2 c. seedless raisins	1/4 c. water
1/2 c. margarine or lard	

Heat the above together to melt shortening, then cool. Sift together:

3/4 c. flour	1/4 tsp. nutmeg
1/2 tsp. soda	1 1/2 c. quick oats
1/2 tsp. salt	1 c. brown sugar
1/4 tsp. cinnamon	1 tsp. vanilla

EGGLESS OATMEAL CRISPIES COOKIES (Continued)

Mix dry ingredients with shortening. Add 1/2 cup nuts if desired. Chill and drop spoonfuls on cookie sheet, flatten with glass covered with waxed paper. Bake 12 minutes in 350° oven.

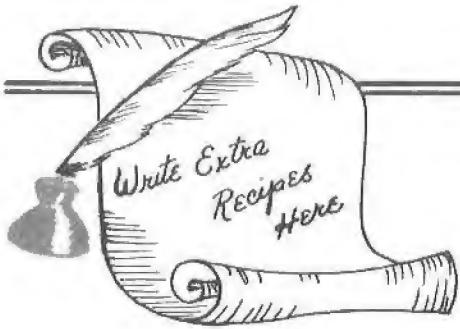
LEMON JELLO CAKE

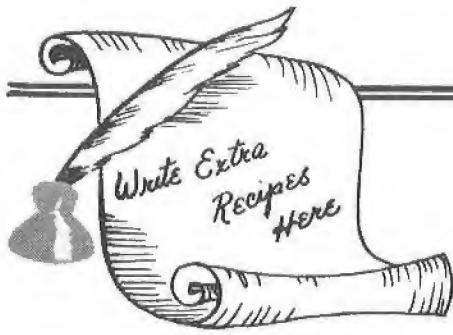
Mrs. Harold Nelson

Put the following in a bowl and beat until light:

4 eggs	3/4 c. water
1/2 c. oil	1 pkg. lemon jello

Add 1 package Betty Crocker lemon velvet cake mix. Beat 4-5 minutes. Bake 30 to 40 minutes at 350°. As soon as the cake is taken from the oven, punch holes in the top of cake with a large fork. Spread the icing made of the juice of 2 lemons and 1 1/2 cup powdered sugar.





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CANDY JELLY PRESERVES



TEMPERATURE TESTS FOR CANDY MAKING

There are two different methods of determining when candy has been cooked to the proper consistency. One is by using a candy thermometer in order to record degrees, the other is by using the cold water test. The chart below will prove useful in helping to follow candy recipes:

TYPE OF CANDY	DEGREES	COLD WATER
Fondant, Fudge	234 - 238°	Soft Ball
Divinity, Caramels	245 - 248°	Firm Ball
Taffy	265 - 270°	Hard Ball
Butterscotch	275 - 280°	Light Crack
Peanut Brittle	285 - 290°	Hard Crack
Caramelized Sugar	310 - 321°	Caramelized

In using the cold water test, use a fresh cupful of cold water for each test. When testing, remove the candy from the fire and pour about $\frac{1}{2}$ teaspoon of candy into the cold water. Pick the candy up in the fingers and roll into a ball if possible.

In the SOFT BALL TEST the candy will roll into a soft ball which quickly loses its shape when removed from the water.

In the FIRM BALL TEST the candy will roll into a firm but not hard ball. It will flatten out a few minutes after being removed from water.

In the HARD BALL TEST the candy will roll into a hard ball which has lost almost all plasticity and will roll around on a plate on removal from the water.

In the LIGHT CRACK TEST the candy will form brittle threads which will soften on removal from the water.

In the HARD CRACK TEST the candy will form brittle threads in the water which will remain brittle after being removed from the water.

In CARAMELIZING, the sugar first melts then becomes a golden brown. It will form a hard brittle ball in cold water.

CANDY, JELLY, PRESERVES

PENUCHE

Laverne Powell

3 c. brown sugar
1 c. cream

Lump butter size of egg

Add butter when mixture begins to boil. Cook until it forms soft ball in water. Stir frequently. When done, cool to room temperature. Beat until creamy. Add nuts and vanilla. Add a little salt to butter. Pour in buttered pan to cool thoroughly.

"MRS. SEE'S" FUDGE

Lennie Curtis
Spokane, Wash.

In a large bowl place:

3 pkg. chocolate chips
(6 oz.)
8 to 10 oz. jar marshmallow
creme

1 tsp. vanilla
1/2 lb. butter or margarine
2 c. nuts, chopped

In saucepan place:

1 large can evaporated milk

4 1/2 c. sugar

Bring to full rolling boil and boil 19 minutes. Pour over other ingredients in bowl, stir to mix thoroughly. Pour into buttered pan. Makes 4 pounds.

BOSTON CREAM CANDY

Cressie Dahlquist
Arroyo Grande, Calif.

3 c. sugar
1 c. Karo syrup

1 c. Pet milk

Mix together in heavy skillet, stir constantly while cooking until it turns brownish in appearance and begins to stick to bottom of pan (soft ball stage). Beat until right consistency; add:

1 c. chopped nuts

1 tsp. vanilla

Continue beating until thick. Spread on greased dish (1 quart oblong dish).

JELLO JAM

Mrs. Leo Gorger

4 c. fruit (berries or other fruit)	3 c. sugar
--	------------

Mix fruit and sugar, bring to boil and cook until fruit is barely tender. Remove from heat, add 1 (3 ounce) package jello all at once and stir to dissolve. Seal as usual. Any combination of fruits and jello flavors may be used: cherries and orange jello, rhubarb and strawberry jello, gooseberries and raspberry jello, etc.

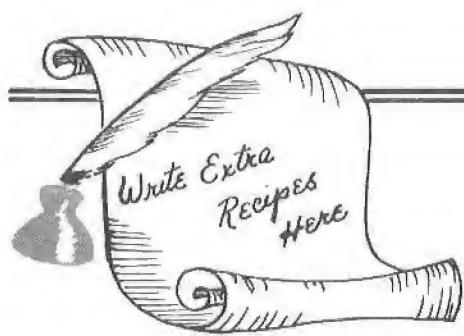
BEET JELLY

June Waine

3 c. beet juice	3 Tbsp. lemon juice
4 c. sugar	1 pkg. pectin

Measure beet juice, add pectin and bring to boil. Add sugar and lemon juice. Boil 4 minutes. Skim and seal as usual.

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BEVERAGES & MISCELLANEOUS



FOOD QUANTITIES FOR SERVING 25, 50 and 100 PERSONS AT PICNIC

Do you have trouble deciding how much of various foods to take to a picnic? Here are some suggested figures on 25, 50 and 100 servings, taken from "Planning Food For Institutions," a USDA handbook.

FOOD	25 SERVINGS	50 SERVINGS	100 SERVINGS
Sandwiches:			
Bread	50 slices or 3 1-lb. loaves	100 slices or 6 1-lb. loaves	200 slices or 12 1-lb. loaves
Butter	½ pound	¾ to 1 pound	1½ pounds
Mayonnaise	1 cup	2 to 3 cups	4 to 6 cups
Mixed Filling (meat, eggs, fish)	1½ quarts	2½ to 3 quarts	5 to 6 quarts
Mixed Filling (sweet-fruit)	1 quart	1¾ to 2 quarts	2½ to 4 quarts
Lettuce	1½ heads	2½ to 3 heads	5 to 6 heads
Meat, Poultry or Fish:			
Wieners (beef)	6½ pounds	13 pounds	25 pounds
Hamburger	9 pounds	18 pounds	35 pounds
Turkey or chicken	13 pounds	25 to 35 pounds	50 to 75 pounds
Fish, large whole (round)	13 pounds	25 pounds	50 pounds
Fish, fillets or steaks	7½ pounds	15 pounds	30 pounds
Salads, Casseroles:			
Potato Salad	4¼ quarts	2¼ gallons	4½ gallons
Scalloped Potatoes	4½ quarts or 1 12x20" pan	8½ quarts	17 quarts
Spaghetti	1¼ gallons	2½ gallons	5 gallons
Baked Beans	¾ gallon	1¼ gallons	2½ gallons
Jello Salad	¾ gallon	1¼ gallons	2½ gallons
Ice Cream:			
Brick	3¼ quarts	6½ quarts	12½ quarts
Bulk	2¼ quarts	4½ quarts or 1¼ gallons	9 quarts or 2½ gallons
Beverages:			
Coffee	½ pound and 1½ gal. water	1 pound and 3 gal. water	2 pounds and 6 gal. water
Tea	1/12 pound and 1½ gal. water	1/6 pound and 3 gal. water	1/3 pound and 6 gal. water
Lemonade	10 to 15 lemons, 1½ gal. water	20 to 30 lemons, 3 gal. water	40 to 60 lemons, 6 gal. water
Desserts:			
Watermelon	37½ pounds	75 pounds	150 pounds
Cake	1 10x12" sheet cake	1 12x20" sheet cake	2 12x20" sheet cakes
	1½ 10" layer cakes	3 10" layer cakes	6 10" layer cakes
Whipping Cream	¾ pint	1½ to 2 pints	3 pints

BEVERAGES, MISCELLANEOUS

HOT SPICED CIDER PUNCH

Mrs. Dick Pelo
Walla Walla, Wash.

1 pt. sweet cider	1 Tbsp. whole cloves
1 c. orange juice	1/2 tsp. allspice
1/4 c. lemon juice	3 sticks cinnamon
1/2 c. light brown sugar	
1 pt. 7-Up (2 c.)	1/4 tsp. salt

Tie spices in cloth bag. Put all ingredients into 2 quart saucepan. Add spice bag. Bring to boil. Reduce heat and simmer for 10 minutes. Remove spices. Serve steaming hot in mugs. 8 to 10 servings.

Punch servings:

An average punch cup holds about 4 ounces. One quart of punch is 32 ounces or 8 (4 ounce) servings. One gallon punch is 32 (4 ounce) servings before the ice is added

All liquids should be well chilled. And to keep the sparkle in your punch, please don't paddle the punch.

CHERRY PUNCH

1 can pineapple juice (large)	2 (6 oz.) cans frozen lemonade
Syrup from maraschino	1 qt. lemon-lime carbonated
cherries, add addition 1/2 c.	drink
syrup to this	1 qt. ginger ale
May add sugar to taste	

Reconstitute frozen lemonade with water (4 parts water to 1 part frozen concentrate) making 1 1/2 quarts. Add pineapple juice, maraschino syrup, sugar if needed; chill thoroughly. Finish punch at the last minute, place lemonade mixture in punch bowl, unmold frozen ring (see recipe for frozen fruit ring) and add to bowl. Add the carbonated beverages at the very last. Makes about 30 punch cup servings.

FROZEN FRUIT RING

Joan McKee
Pismo Beach, Calif.

1 large bottle maraschino	10-12 canned pineapple chunks
cherries	3 c. reconstituted frozen
1 Navel orange, thinly sliced	lemonade

Make the ring a day before it is needed. Thoroughly drain the cherries, saving syrup for the punch. Thinly slice oranges, cut nicks around to form jagged edge; cut each slice into quarters.

FROZEN FRUIT RING (Continued)

Thoroughly drain pineapple, mix fruit together. Pour a third of the lemonade into a 1 quart ring mold; add a third of the fruit. Freeze until partially frozen, add a third more lemonade, partially freeze again, add remaining lemonade and fruit. Freeze until solid.

CHRISTMAS EGGNOG

Robert Curtis
Spokane, Wash.

1 qt. dairy eggnog
8 oz. light rum

Stir gently together, fold in 1 cup stiffly beaten cream or 1 cup nondairy topping. Dust lightly with nutmeg and serve in cup. Be sure all ingredients are well chilled before mixing. Serves 8.

SLUSH

Alice Standley

Boil 4 cups sugar with 6 cups water and let cool. Add to the syrup:

2 (12 oz.) cans frozen orange juice	1 (46-48 oz.) can pineapple juice
1 (12 oz.) can frozen lemonade	5-6 very ripe bananas, mashed very thoroughly or in blender

Blend well and freeze mixture. When ready to use, set out of freezer for several minutes. Dilute approximately half and half with 7-Up, Team or ginger ale. May add vodka for sparkle. Makes approximately 5 quarts when diluted. What is not used may be placed back in freezer. Keeps for 2 to 3 months.

PINEAPPLE DRESSING (Stuffing)

Nina Friedly

1/2 c. margarine or butter 1 c. sugar

Cream above 2 ingredients. Add 4 eggs and beat well. Drain 1 (20 oz.) can crushed pineapple and stir in 5 slices of cubed bread and fold into mixture. Bake 1 hour at 350° in greased casserole. Good with ham.

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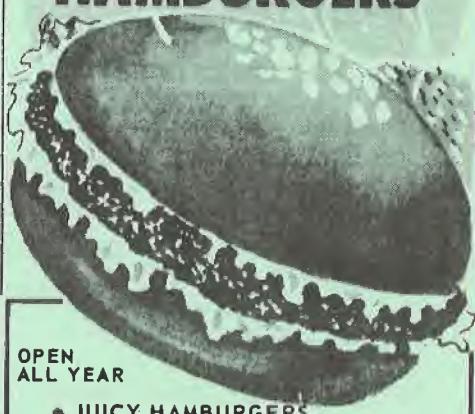
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MARGE'S OLD BARBECUE SAUCE

Mrs. Martha Holt

1/2 c. margarine	1/2 tsp. Tabasco sauce
1/4 c. grated celery	1 1/2 Tbsp. lemon juice
1 can tomato soup	3 Tbsp. brown sugar
2 tsp. Worcestershire sauce	2 Tbsp. onion juice
	1/4 c. vinegar

Melt margarine and cook celery for 1 minute. Add tomato soup and spices. Add vinegar and simmer slowly for at least 15 minutes. The longer the better. For short cutters: Substitute 1 1/2 teaspoon celery seed for grated celery; 1 tablespoon minced dried onion for juice and cook as directed. Good on barbecued chicken during cooking process, also hamburgers, etc.

SPICED NUTS

Edna Gorger

1 c. sugar	6 Tbsp. milk
1 tsp. cinnamon	

Mix together and boil to soft ball stage (236°). Add:

3 c. walnuts	1 tsp. vanilla
--------------	----------------

Stir until thick and creamy. Turn out on board and separate nutmeats.

WILD RICE

Shirley Larson

1/2 c. margarine	1/2 c. sliced mushrooms
------------------	-------------------------

Saute and add:

2 Tbsp. chopped onion	1 c. wild rice (uncooked)
1 c. pecans	3 c. chicken broth

Use Uncle Ben's long grain and wild rice (or some similar brand) Uncle Ben's comes with rice and seasonings-use both. Two cans chicken broth is approximately equal to 3 cups. Put in 1 1/2 quart dish. Bake 1 hour at 350°.

MINCEMEAT

Ellen Lewis

4 pounds lean beef, venison, or elk (I use the neck) cook in a little water until tender. Remove gristle and bone and when cold chop fine. Reduce liquid to 1 pint and add the chopped meat. Combine with the following:

MINCEMEAT (Continued)

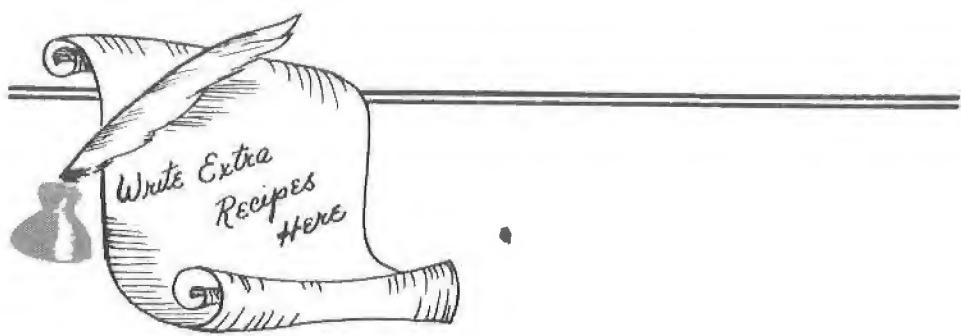
1 1/2 lb. suet, chopped fine (optional)	3 lemons
4 tsp. salt	4 tsp. cinnamon
2 lb. sugar	2 tsp. mace
2 lb. raisins	1 tsp. cloves
1 lb. currants	
3 oranges, juice and grated rind (I leave out the grated rind)	1 qt. boiled cider (if you can not find boiled cider, then boil cider down half)
	5 qt. peeled, chopped apples

Cook together 30 minutes, seal in Mason jars and keep in a cool place. Instead of making a double crusted mince pie, try the following:

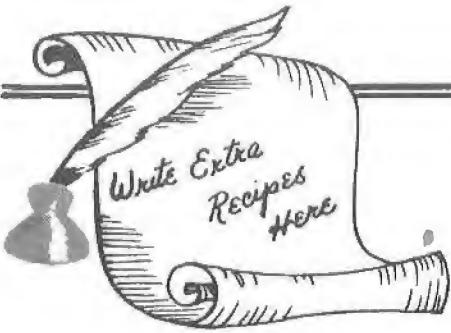
1 pt. milk	3 Tbsp. sugar
3 beaten eggs	1/2 tsp. cinnamon or nutmeg

Blend together and pour over a single crust mince pie and bake at 425° for 40 minutes.

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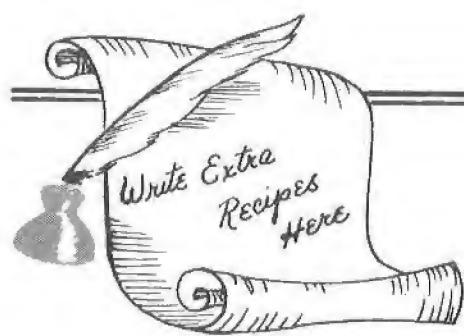
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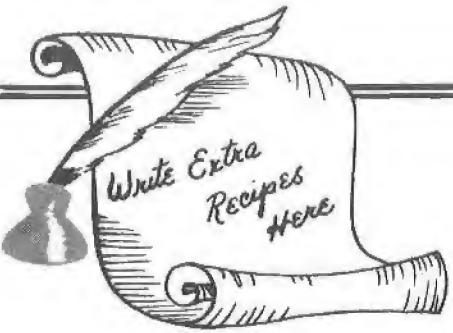
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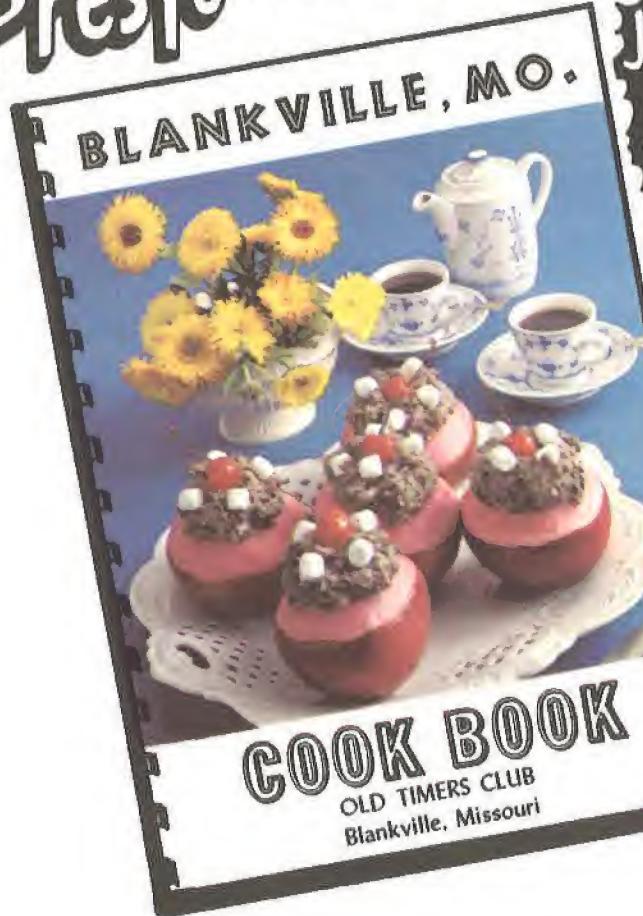
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